



Perinton

Recreation & Parks

www.perinton.org



Registration Begins
Monday, August 26th at 10 AM

Town Supervisor's
Message Page 3

2024 Fall Programs



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

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+)
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
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 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+ 7:30-9:00 PM						

Schedule subject to change. View website for current schedule.



Ciaran Hanna
Town Supervisor

Town Supervisor's *Message to the Community*

Greetings!

What a fantastic summer we've had in the Town of Perinton! The town has been abuzz with activity, and I was thrilled to see so many of you enjoying our summertime staples, including the Gazebo Concert Series, Center Stage Concerts, and the Fourth of July Parade. It's great to see our community come together for these events.

This summer, we were especially excited to welcome six nationally acclaimed bands to the Perinton Amphitheater, thanks to Rochester Events. From the Grateful Dead cover band Joe Russo's Almost Dead to Blues Traveler and Big Head Todd and the Monsters, these ticketed shows brought incredible music to our stage. These concerts attracted thousands of visitors, many of whom dined at local restaurants and explored our shops. Notably, a portion of each ticket sold is being reinvested into our community, with the Fairport Foundation as the designated charity.

As we transition into fall, we have an exciting lineup of community events planned, offering something for everyone. From our annual Halloween Parade to the Turkey Jam, there are plenty of opportunities to celebrate the season with family and friends. Be sure to check our website, www.perinton.org, and our social media for event details and updates.

In addition to new amenities like the Perinton Skatepark and Howell Road Disc Golf Course, we're also enhancing our current parks and trails. This year, our Parks Department has completed court resurfacing and repairs at Kreag Road Park, Potter Park, and Egypt Park. We've also expanded the parking lot at the Crescent Trail Head on Old Foley Road, making it easier to access and enjoy the Crescent Trail. Our newly updated RC track, built with recycled materials, offers an exciting experience for RC enthusiasts of all ages and abilities. Open daily from 8 AM to 10 PM, it's perfect for family fun and thrilling races! Additionally, we've installed new swing benches in Perinton Park - a great spot to relax and enjoy the park's beauty. Special thanks to Fairport Rotary for their support of this project.

This construction season, Perinton Public Works (DPW) has been working diligently to maintain and enhance our town roads. By the end of 2024, they

will have completed 4 miles of road rehabilitation, 16 miles of preventative maintenance, and 14,000 feet of concrete gutter replacement. Their hard work is impressive, and we appreciate your patience during this process. Our crews will soon shift their focus to the annual leaf collection for all 17,000 properties in town. For more details on this residential service, check out the brochure.

Our DPW is also progressing with our Municipal Separate Storm Sewer Systems (MS4) Permit through the NYS DEC. You'll notice increased public education on this topic as part of the permit process. Remember, the rule of thumb is "only rain down the drain." Water from our roads flows into the storm drains and ends up in our freshwater sources, like Irondequoit Creek and Irondequoit Bay. Please follow the tips we provide and avoid disposing of fertilizers, car washing chemicals, pool water, pet waste, grass, and leaves down the storm drain. We all play a role in maintaining clean water.

This year, I am also working closely with our fire departments to boost recruitment efforts. With declining volunteer participation affecting emergency services, it's crucial that we come together as a community to support and sustain our volunteer fire force. This collective effort will benefit our entire community. I look forward to sharing more about our progress soon. In the meantime, check out our First Responder Spotlight in this issue. If you're interested in learning more about the volunteer fire service, please reach out!

As these projects and initiatives unfold, I invite all residents to stay informed and actively engage with us. Your feedback, suggestions, and questions are essential in ensuring we meet your needs. Together, we can continue to create a Town that we can all take pride in. Thank you for your continued support and involvement in our community. Together, we will ensure that Perinton remains a wonderful place to call home.

As always, if you have any questions or need assistance, we are here to help. You can reach me by phone at (585) 223-0770, via email at channa@perinton.org, or by visiting Town Hall in person.

Warm regards,

Ciaran Hanna, *Perinton Town Supervisor*

Table of Contents

James E. Smith Center Info	2
WebTrac Info	19
Special Events	20
Parks Programs	21
Preschool	22
Youth and Teen	29
Youth and Teen Arts & Crafts and Cooking	37
Aquatics	38
Fitness	45
Adult	46
Adult Arts & Crafts and Cooking	53
55+ Prime Time Programs	55
General Information	61
Refund Policy/Drop Off Policy	62
Registration Information	62
Registration Form	63

THIS PROPERTY IS

**UNDER
REVIEW**

BY THE TOWN OF PERINTON

VISIT 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 and click on Properties Under Review on the Home Page to see the plans and project description.

Town Hall Closings

Sept. 2	Labor Day
Oct. 14	Columbus Day
Nov. 11	Veterans Day
Nov. 28 & 29	Thanksgiving
Dec. 25	Christmas

PCC Closings:

Sept. 2	Labor Day
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Recreation & Parks Content Starts on Page 21



2024-25 School Tax Collection Information

From Debbie D. Brown, Perinton Receiver of Taxes

Tax Information:

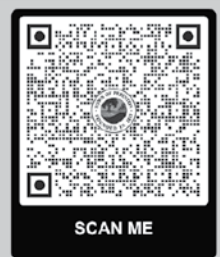
- Tax bills for the upcoming 2024-25 School tax collection will be mailed the last business day of August
- The first day of collection will begin Sunday, September 1st (**In-office collection will begin Tuesday, September 3rd**)
- If you do not have escrow and have not received your tax bill by September 6th, please call our office at (585) 223-0770 or log on to www.monroecounty.gov to obtain a copy.
- The **1st installment** is due to the Town by **Monday, September 16th** (due to September 15th falling on a Sunday)
- **2nd and 3rd installments must be mailed directly to the Monroe County Treasurer**
- If you are paying in full, the **full amount** is due by **Tuesday, October 1st**
- Payments are made payable to **Debbie D. Brown, Receiver**
- **All out-of-balance payments will be returned for the corrected amount**

Payment Options:

- By check or cash in person at the Town Tax Office (9AM-5PM, Monday through Friday)
- By check via mail (receipt date determined by **U.S. postmark only**)
***Online Bank Payments** arrive in office as a paper check and with no U.S. postmark. Because of this, we must go by the day it arrives in office. Banks discourage the use of online banking for tax payments because they cannot guarantee your payment will be delivered in a timely manner. If you utilize online banking, you do so at your own risk.
- By check in the Town Tax Drop Box located out front of the Town Hall Entrance (**Adhering to all tax due dates and interest schedules – payment must be placed in the tax drop box by end of day of tax due date to ensure no additional interest**)
- By credit card online at www.monroecounty.gov – When paying by credit or debit card for any transaction greater than \$100, a fee equaling 2.75% of the amount paid will be charged by the credit card company. Payments of \$100 or less will be charged a flat fee of \$2.75
- By electronic check online at www.monroecounty.gov – A sliding scale fee is charged based on the total transaction.

Transaction Amounts	Service Fee
\$0.01 - \$100.00	\$2.75
\$100.01 - \$500.00	\$5.00
\$500.01 - \$3000.00	\$8.00
\$3000.01 - \$10,000.00	\$10.00
\$10,000.01 - greater	\$12.00

For more detailed tax information and frequently asked questions, please visit the Town's website at www.perinton.org



Town of Perinton

Fall Leaf Collection



Perinton's Department of Public Works will collect loose leaves several times throughout the Fall. Crews will continue to pick up weekly yard waste as long the material is placed in reusable containers or garbage cans without lids (separate from loose-leaf piles). We ask that residents please remain patient as it can take up to 6 weeks to collect leaves from all 17,000 residential properties during the peak Fall season. Look out for our **"We're Coming Soon"** signs, placed at entrances to subdivisions a few days before we anticipate collecting leaves.

LEAF PILES SHOULD ONLY CONTAIN LEAVES - DO NOT MIX WITH BRUSH


Mixed materials can not be composted in leaf piles at High Acres. Please separate all other yard waste (sticks, brush, garden clippings, and tree debris) from loose leaf piles and place these materials into reusable containers or garbage cans. This allows for the proper recycling of all materials and avoids equipment damage.

SMALL LEAF PILES SHOULD BE PLACED IN CONTAINERS (NOT BAGS)


We do not accept leaves in plastic or paper bags. Leaves collected by the Town of Perinton are composted at High Acres. Plastic/paper bags do not bio-degrade sufficiently to be allowed in the compost. Composted leaves are recycled back to residents through our Compost & Wood Chip Give Back each spring and fall.

DO NOT PILE LEAVES IN THE STREET OR AROUND FIRE HYDRANTS


Place loose leaf piles at the edge of your property, but not in the gutter or road. Leaves in the road can become a traffic hazard. When it rains, leaves will plug catch basins, causing dangerous road conditions and flooding. Covering fire hydrants with leaf piles can prevent firefighters from finding them when every second counts.



PERINTON
PUBLIC WORKS
(585) 223-5115



PERINTON ELECTRONICS RECYCLING PROGRAM

In an era where electronic devices are integral to daily life, managing the disposal of these gadgets has become a critical environmental need. The Town has taken a proactive approach to address this issue through its Electronics Recycling Program.

The program was launched to provide residents with a convenient and responsible way to dispose of their outdated and unwanted electronic devices. This initiative is part of the town's broader commitment to environmental stewardship and sustainability.

How it works:



The Town offers monthly Electronics Recycling by appointment. Residents will be able to make appointments online at www.perinton.org.

We partner with a local company, EWaste+, to properly recycle all items. There is no charge to residents.

By staying at the forefront of e-waste management practices, Perinton aims to ensure a cleaner, healthier environment for future generations.

Welcoming Fall: Preparing for Seasonal Wildlife Changes in Our Community

An Update from Perinton Animal Control Officer Steve Pringle

As summer comes to an end, we will soon welcome the beautiful fall season! This time of year brings significant changes for our local wildlife. Animals will prepare for the winter months ahead, feeding frequently during morning and evening hours to build up the necessary fat reserves for hibernation or dormancy. If you have bird feeders, consider taking them down temporarily to avoid attracting wildlife close to your home.

Soon, wildlife will be looking for winter homes, often in our backyards. To prevent animals from taking up residency, ensure that sheds and areas underneath decks are secure. Keep fence gates closed and be sure to close garage doors at night. We often see increased activity from woodchucks and skunks, so be vigilant about securing food sources like compost piles and fallen birdseed.

October and November bring a significant rise in deer activity due to their breeding season. Be extra cautious on the roadways, as deer are often not alone. Remember, where there is one deer, there are likely more nearby.

For dog owners, a friendly reminder that all dogs 4 months or older must be licensed with the Town. Licensing ensures your pet is vaccinated for rabies, which helps protect our community. It also allows us to return lost dogs to their owners quickly. Visit the Town Clerk portion of our webpage, www.perinton.org, for more information on dog licensing.

Perinton Animal Control is here to help with any questions or to respond to calls about sick or injured wildlife. We can be reached at (585) 223-5115 during our operating hours Monday through Friday, 7:30 AM - 4:00 PM. For after-hours emergencies, call (585) 425-7380. In the event of any emergency, please dial 911.

Enjoy the change in seasons and our beautiful town during this wonderful time of year!



Skunks Breed During February, and give birth in dens in May.



Skunks are omnivores. They eat anything from plants to small rodents.

Prevention Tips:



Make sure garbage cans have tight-fitting lids to prevent skunks from rummaging.



Remove pet food, bird seed, and fallen fruit from your yard.

Skunks are nocturnal, mostly active at night. Daytime sightings during summer months are normal; the mother must forage.



Perinton Animal Control does not assist in the trapping of skunks. We recommend reaching out to a professional wildlife trapper if you want them trapped and relocated.



Perinton Animal Control
(585) 223-5115
After Hours: (585) 425-7380

www.perinton.org

Skunks often move into woodchuck burrows. Common places are under brush piles, sheds, decks, or in and around home foundations.

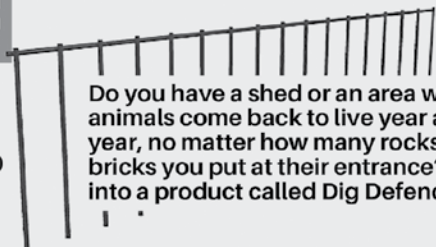


Small, cone-shaped holes in lawns and gardens indicate digging for grubs.

If a skunk moves in, place rags soaked in ammonia in the entrance and around the area they are inhabiting. They will move out because of the smell.



Milorganite fertilizer is a deterrent for skunks and many wildlife species. Its organic composition makes many species avoid a property where Milorganite fertilizer is applied.



Do you have a shed or an area where animals come back to live year after year, no matter how many rocks or bricks you put at their entrance? Look into a product called Dig Defence.

Please dial 9-1-1 for emergencies. For any other inquiries or concerns, please call Perinton Animal Control.

Stages of Development



HATCHLING

Newly hatched bird, naked and helpless.



NESTLING

Still in the nest, starting to grow feathers.



FLEDGLING

Leaves the nest, learning to fly and forage.

Fledglings in Perinton



A fledgling is a young bird that has developed enough feathers to leave the nest but is still dependent on its parents for feeding and protection.



IF YOU FIND A FLEDGLING

Observe: Keep a distance and watch for parent birds feeding the fledgling.

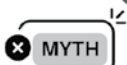
Leave Alone: If in a safe area, leave the fledgling alone as parents are usually nearby.

Move to Safety: If in immediate danger (e.g., predators, roads), move it to a nearby shrub or low branch.



WHEN TO INTERVENE

- ⊕ Visible injuries or signs of distress.
- ⊕ No parental activity observed after several hours.
- ⊕ Very young birds (nestlings) that fall out of the nest may need to be returned.



Handling a fledgling will cause parents to abandon it.



Birds have a poor sense of smell and will not abandon their young due to human scent.



Perinton Animal Control
(585) 223-5115
After Hours: (585) 425-7380
www.perinton.org

Please dial 9-1-1 for emergencies. For any other inquiries or concerns, please call Perinton Animal Control.

Keep Our Roads Safe and Clean: A Community Reminder



Please remember that blowing grass clippings into the road isn't just messy—it's dangerous! Grass on the road can make it slippery for drivers, cyclists, and pedestrians, leading to accidents. Additionally, clippings can clog storm drains, causing flooding.

It's also illegal under New York State Vehicle and Traffic Law Section 1219(b), which prohibits placing anything on the road that could cause harm. Homeowners must clean up any grass clippings that end up on the pavement.

Let's all do our part to keep our community safe. Thank you for your cooperation!



Janelle Reed, Town Clerk

Clerk's Corner: Hunting Licenses

The Town Clerk's Office serves as a License Issuing Agent for the New York State Department of Environmental Conservation (DEC), offering hunting licenses for residents and non-residents. The license year runs from October 1st to September 30th. To obtain a hunting license, applicants must provide proof of hunter education and proof of residency.

For hunter education, proof can be a previous hunting license or a hunter education certificate. Bow hunters need additional proof, such as a previous bow license or a bow-hunter education certificate. Non-resident hunters should check the DEC website, www.dec.ny.gov, for acceptable proof.

Acceptable forms of residency proof include a NYS driver's license, NYS vehicle registration, NYS non-driver's ID, student ID, or a parent's driver's license for minors.

For detailed information and fee schedules, visit the NYSDEC at www.dec.ny.gov. We are here to help! For assistance or questions, please contact the Town Clerk's Office at (585) 223-0770.

Free **FALL SHREDDING EVENT**

The Town Clerk's Office will host a free shredding event for Perinton residents this Fall.

"I often hear from community members about the importance of having a secure way to dispose of sensitive & confidential documents. By offering a free shredding event, my office is hoping to bring this service closer to home in a secure way."

Janelle Reed
Perinton Town Clerk



Saturday, September 28, 2024
8:00 a.m. to Noon



Perinton Public Works
100 Cobb's Lane
Fairport, NY 14450
(drive-thru)



Appointments are open!
Check www.perinton.org.



News from the Town Clerk's Office: NYS DEC Updates Sporting License System

The New York State Department of Environmental Conservation (DEC) is updating the state's sporting license system, effective August 1, 2024. This change transitions from the special stock synthetic paper to plain paper for state sporting licenses and carcass tags.

Aimed at improving the license-purchasing process for the growing number of hunters, trappers, and anglers who buy their licenses online, the shift to plain paper will offer at-home printing options.

Customers will continue to have the option of purchasing licenses in person at the Town Clerk's Office. However, the new system will provide flexibility in license delivery, including printing at the point of sale or receiving licenses via email for at-home printing. Additionally, proof of licensure can now be shown electronically through the HuntFishNY mobile app, which also facilitates easy game harvest reporting.

The transition to plain paper is being implemented for the 2024-25 license year. Lifetime license holders should expect to receive their 2024-25 licenses and tags on plain paper by mail by September 1, 2024.

For more information on this change, please visit the DEC website, dec.ny.gov. The Town Clerk's Office is always here to assist residents with any questions or concerns about this new system. For any local assistance, please contact us directly.



Q: What is the new license/tag transition and when will it occur?

DEC will change the type of paper used for sporting licenses and carcass tags from special license stock (Valeron) to plain paper between July 22, 2024, and August 1, 2024. Lifetime licenses and tags for the 2024-25 license year will be printed on plain paper and mailed with the expectation that they will be received no later than September 1, 2024.

Q: How will hunters, trappers, and anglers get licenses and tags?

Hunters, trappers, and anglers will still be able to purchase their licenses online, over the phone, and at a License Issuing Agent (LIA) location. Purchases made online will include an email receipt with a PDF copy of licenses and tags which can be printed at home. Purchases made at a LIA location may be printed by the vendor or received by email. Purchases made by phone may be printed and mailed from DEC's license vendor or received by email.

Q: Will Lifetime Hunting License holders still receive licenses and tags by mail?

Yes, lifetime license holders should receive their licenses and tags in the mail by September 1, 2024, printed on plain paper. Beginning in January of 2025, lifetime license holders will be able to call 1-(866)-933-2257 to arrange to have their lifetime license and tags emailed to them each year rather than delivered by mail. Once signed up for email delivery, lifetime licenses and tags will be emailed each year, allowing the license holder to retain an electronic copy of the license and to print tags at home. Lifetime license holders will also be able to sign up for email delivery as well as gaining complete access to their online profile by creating a username and password for their DECALS account.

Q: What can hunters, trappers, and anglers show to an Environmental Conservation Police Officer (ECO) as proof of licensure when afield?

Hunters and trappers will have the option of carrying a plain paper copy of their license or an electronic copy of their license in the free HuntFishNY mobile app. In addition to the paper copy of their license and the electronic license in the HuntFishNY app, anglers can also provide an officer with their 12-digit DEC ID number. For the 2024-25 license year, the only option for carcass tags is plain paper.

Q: If the new tags are plain paper and not weather resistant, won't they get damaged when afield hunting?

It is the hunter's responsibility to protect their license and tags. Carcass tags must still be filled out, dated, signed, and attached to the animal as required by regulation. DEC suggests storing licenses and tags in a waterproof bag or container while hunting and placing the completed carcass tag in a zip-top bag or other reusable waterproof protector and securely fastening it to the deer, bear, or turkey to ensure the tag remains protected and legible.



The Mobile Mammography Center is Coming to the Town of Perinton!

No Insurance, No Appointment - No Problem. All are Welcome.



**Saturday,
November 16, 2024
9 A.M. - 4 P.M.**

Appointments encouraged; Walk-ins welcome.



**Perinton Community
Center, North Parking Lot
1350 Turk Hill Road
Fairport, NY 14450**

Perinton Town Clerk Janelle Reed will once again welcome the Rochester Regional Health Mobile Mammography Center to the Town of Perinton in November. Last year, this invaluable service enabled over 40 women to complete their annual mammograms right here in Perinton. For more information on how to book an appointment, please visit our website at www.perinton.org or call 585-922-PINK.

"A 15-minute breast cancer screening could save your life, but it can be challenging to find the time amidst work, family, and other commitments," said Town Clerk Janelle Reed. "That's why the Perinton Town Clerk's Office has partnered with Rochester Regional Health to bring this essential screening directly to our community. It's covered by most insurance providers, and New York State may offer assistance to those without insurance."

Additionally, the New York State Cancer Services Program provides free breast cancer screening and diagnostic services to uninsured residents. Reed hopes that this initiative will make it easier for women to access mammograms, overcoming barriers such as scheduling conflicts and financial constraints.

The Rochester Regional Health Mobile Mammography Center features state-of-the-art technology, expert on-site staff, and a comfortable environment with two private dressing rooms. Mammography results are evaluated by a board-certified Breast Imaging Radiologist and are typically available to the patient's doctor the next day. Patients also receive results by mail.

To qualify for a mammogram, women must be at least 40 years old and not pregnant or breastfeeding. Patients should bring their insurance cards and photo ID. On the day of the exam, patients are asked not to apply deodorant, antiperspirant, powders, lotions, creams, or perfumes under their arms.

According to the Centers for Disease Control and Prevention (CDC), one in every eight women will be diagnosed with breast cancer in their lifetime. Mammograms are the best way to detect breast cancer early, when it is most treatable.





JANELLE REED
PERINTON TOWN CLERK
CONTACT:
JREED@PERINTON.ORG
585-223-0770
WWW.PERINTON.ORG



PERINTON SKATEPARK: A NEW COMMUNITY HUB



Since its grand opening in May, the Perinton Skatepark has quickly become a daily hub of activity and community spirit. The \$2.7 million project, which also includes new ADA sidewalks, an expanded parking lot, and additional amenities, has exceeded expectations, drawing in skaters and community members from Perinton and beyond. The skatepark's vibrant atmosphere and the newly enhanced Perinton Park have cultivated a strong sense of community, bringing together people of all ages and backgrounds.

Town Supervisor Ciaran Hanna reflected on the park's impact, stating, "Seeing the Perinton Skatepark thrive as a bustling community space is truly gratifying. Families, kids, and adults are enjoying this new resource, which has become a symbol of our commitment to creating inclusive, active, and welcoming environments. The skatepark and park improvements exemplify the power of community collaboration."

The skatepark, located in a previously underutilized area of Perinton Park, spans 13,500 square feet and features a unique pump track, quarter pipes, grind rails, and a bowl section. Its inclusive design has ensured safety and enjoyment for both beginners and advanced skaters. Additional amenities, such as a shade structure, main skate plaza, lighting, benches, and picnic tables, have made the park a welcoming space for skaters and spectators alike.

Community involvement has been key to the project's success. First announced in August 2022, the skatepark project incorporated extensive public input through surveys and meetings. Construction began in July 2023 and included several enhancements to Perinton Park, such as an improved pedestrian entrance from Route 31F, ADA-compliant sidewalks, better lighting, and landscaping to enhance accessibility and convenience. The expanded parking lot has effectively accommodated the increased visitor traffic.

Recreation and Parks Commissioner Jeff Nutting said, "The Perinton Skatepark has become a beloved fixture in our community, offering a safe, inclusive, and engaging space for recreation. The park's popularity and positive impact highlight our commitment to providing diverse recreational opportunities for residents and visitors alike."

Financial support played a crucial role in bringing the project to fruition. Assemblymember Jen Lunsford secured \$1.5 million in grant funding, with additional project funds from ARPA and town tax dollars. Local businesses and organizations also contributed to the project's success. The Fairport Foundation, in collaboration with local skatepark advocates, spearheaded fundraising efforts for additional amenities. Sponsorships and contributions came from various community members and businesses, including ESL Federal Credit Union, Fairport Perinton Merchant's Association, and McCarthy Tents & Events.

Greg Pilato, a Perinton resident and active member of the Fairport Skatepark Campaign, expressed his pride in the community's efforts, stating, "This project has truly been a labor of love for many in our community. Seeing the skatepark in daily use, and witnessing the sense of community it has fostered, is incredibly rewarding. We are grateful to the Town of Perinton and our multiple supporters for making this dream a reality."

Located within Perinton Park, a 43.6-acre park at 99 O'Connor Road, Fairport, NY 14450, the skatepark offers direct access to the Erie Canal and the Canalway Trail, making it easily accessible to pedestrians from the Village of Fairport. Managed by the Town of Perinton Department of Recreation & Parks, the skatepark is open year-round, with daily hours from 8 a.m. to 10 p.m.

In just a few short months, the Perinton Skatepark has established itself as a community hub, fostering active lifestyles and bringing together skaters of all ages and skill levels. The park's success is a testament to the power of community collaboration and the shared vision of creating a space where everyone can come together and thrive.

Protect Your Home with Smoke and Carbon Monoxide Alarms

Historically, about 75% of all fire-related injuries and fatalities in the United States occur in the home. The importance of working smoke alarms cannot be overstated, as they provide an early warning of fire and offer residents the greatest chance of surviving and preventing injury. Here are key steps to ensure your home is protected:



1. Install smoke alarms in every bedroom, outside each sleeping area, and on every level of your home, including the basement.
2. Smoke alarms need to be replaced 10 years from their manufacture date. Check the date printed on the back side of the alarm and make sure to adhere to this guideline.
3. Ensure every bedroom has a working smoke alarm. Remember the motto: "Hear the Beep Where You Sleep."
4. Test alarms at least once a month by pushing the test button. Regular testing ensures they are functioning correctly.
5. If a smoke alarm sounds, get out immediately and stay out. Go to your designated outside meeting place and call 911 from a cell phone or a neighbor's phone.



Carbon Monoxide Alarms: Preventing the Invisible Killer

More than 150 people in the U.S. die every year from carbon monoxide (CO) poisoning. Often called the "invisible killer," CO is a colorless, odorless, and poisonous gas undetectable to human senses. Here are steps to safeguard your home from CO:

1. CO poisoning can occur when a fuel-burning appliance or equipment, such as a furnace, heater, fireplace, or generator, is not working or vented properly.
2. Install CO alarms inside your home to provide early warning of CO presence. Place them in a central location outside each sleeping area and on every level of your home.
3. Test CO alarms at least once a month by pushing the test button. Replace any alarms that are 10 years old to ensure they remain effective.
4. If a CO alarm sounds, evacuate the home immediately. Call 911 from a cell phone or a neighbor's phone, and do not re-enter the home until cleared by the fire department.

For any questions about smoke alarms, carbon monoxide alarms, or fire and life safety, contact the Perinton Fire Marshal's Office in the Building & Codes Department. We can also assist with testing or placing your alarms throughout your home or business. Stay safe and ensure your alarms are always in working order to protect your loved ones and property!

Perinton Building & Codes/Perinton Fire Marshal's Office

www.perinton.org (585) 223-0770 fire@perinton.org



Sanitary Sewer vs Storm Sewer: Do you Know the Difference?



SANITARY SEWER



STORM SEWER

Types of Water Managed:

The Sanitary Sewer System handles wastewater from residential and commercial properties.

The Storm Sewer System manages stormwater runoff from rainfall and snowmelt.

Infrastructure:

Includes sanitary sewer mains, manholes, and pump stations.

Includes storm sewer mains, manholes, drainage inlets, and natural channels.

Destination:

Sewage is transported to Monroe County's interceptor sewers and to a treatment facility.

Stormwater is conveyed to natural water bodies via a network of pipes, swales, and channels.

WHEN IT RAINS, IT DRAINS. AND IT HAS TO GO SOMEWHERE

Rainwater from roofs, streets, and outdoor spigots flows untreated into storm drains. This water carries contaminants directly into our waterways, impacting the environment!



Grass Clippings and Leaves

Leave grass clippings on the lawn or compost; keep yard waste and leaves out of the storm drain.

Fertilizer & Pesticides

Limit your use; if heavy rain is predicted, do NOT apply fertilizers or yard chemicals.

Pet Waste

Always pick up pet waste; dispose of wrapped waste in the trash.



Car Wash Run-Off

When you wash your car in the driveway, dirty water flows untreated into storm drains, carrying soap, dirt, and grease directly to our waterways. Wash your vehicle on your lawn instead.

Car & Household Chemicals

Do not pour hazardous chemicals down a storm drain or gutter. Use the Ecopark and HHW Drop-Offs.



10 Avion Dr, Rochester, NY 14624
<https://www.monroecounty.gov/ecopark>



Litter

Nearly all litter left on the ground will end up in the storm sewer system.



Be mindful of what goes down the storm drain. Let's work together to keep our waterways clean!

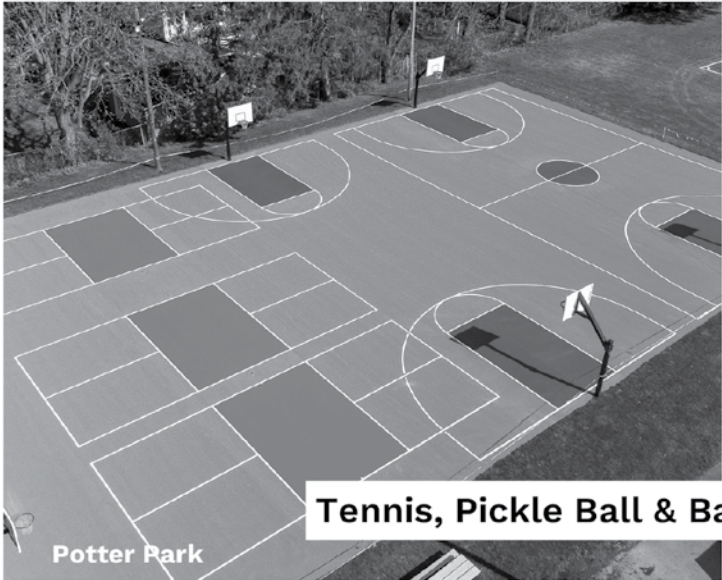


IRONDEQUOIT BAY

PERINTON PUBLIC WORKS

(585) 223-5115 • WWW.PERINTON.ORG

Perinton Parks & Trails: Maintenance and Upgrades



Potter Park



Kreag Rd. Park

Tennis, Pickle Ball & Basketball Court Refresh

Perinton Park Swing Benches

New swing benches have been installed, thanks to the generous support of the Fairport Rotary. These benches offer a perfect spot to relax and enjoy the park's beauty. We extend our heartfelt thanks to the Fairport Rotary for helping us enhance our community spaces. Come visit & enjoy!



T.O.P RC Raceway

This newly updated track, built with recycled materials, offers an exciting experience for RC enthusiasts of all ages and abilities. Open daily from 8 AM to 10 PM, it's the perfect spot for family fun and thrilling races!



Crescent Trail Head Parking Expansion

The newly expanded parking lot at the Crescent Trail head on Old Foley Road! This expansion means more of our community can easily access and enjoy the natural beauty of the Crescent Trail. We flattened and broadened our welcome mat to ensure everyone has a convenient and enjoyable experience. Come visit and explore the enhanced accessibility and scenic wonders of the Crescent Trail!

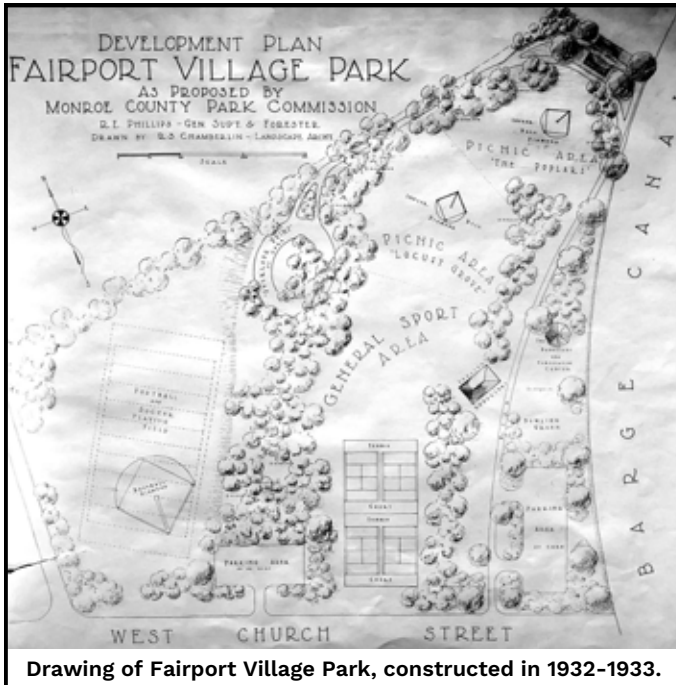


Egypt Park Surface Renovation

Resurfaced and freshly painted play area, 4 Square courts and hopscotch at Egypt Park.

From Fullam's Basin to Perinton Park

By: Town Historian Bill Poray



Drawing of Fairport Village Park, constructed in 1932-1933.

After years of neglect, a former dumping ground at the old Fullam's Basin was transformed during the Great Depression to become the newly christened Fairport Park. Adjacent to the canal by the Fairport Road bridge, the early park was precisely where Perinton Park is located today. The Rotary Club initiated a petition requesting that local governments help develop the tract of land for the benefit of residents. Plans were drawn by landscape architect Robert Chamberlain, who also redesigned the grounds at the George Eastman House. Most of the cost of the park was covered using Works Progress Administration (WPA) funds and labor.

The new twelve-acre triangular-shaped park was constructed from 1932 to 1933. The park's three sides bordered Fairport Road, the canal, and the adjacent railroad tracks. Roads were constructed, with access from both O'Connor Road and Fairport Road.

Drinking fountains, fireplaces, and picnic tables were placed on the grounds, and hundreds of trees and shrubs were planted. Tennis courts were built, and parking for sixty cars was added. In the first year, picnicking and tennis proved to be the most popular activities at the park.

The American Legion, with help from the Rotary Club, devised a plan to place an eighty-foot flagpole and two decommissioned cannons adjacent to the canal. In June of 1934, Rotary's Sam Jacobson noted, "There can be little question that the park is a more desirable landmark than the old dump was." But as the Depression dragged on, funding to maintain the park was a low priority, and it soon became overgrown and neglected. Without watering, trees and shrubs planted just two years earlier died.

After years of neglect the abandoned Fairport Park virtually disappeared, except for one corner, carved out in 1951 for the use of Little League baseball. A 1957 editorial in the Fairport Herald challenged local citizens and leaders to resurrect the park, stating, if the community "...has any aspirations whatsoever toward being a garden spot or a beautiful village it had better get underway." And the community listened, as both the town and village considered the possibility of recreating the old park.

The establishment of the town's Recreation Commission in July of 1959 led to the creation of several parks and playgrounds within the community. The commissioners (Chairperson Walter Muench, Betty Edwards, Faith Kipers, King Phillips, and Pete Pierce) were enthusiastic about bringing the old park back to life, and the Town Board agreed. In the spring of 1961, Perinton Supervisor Ken Courtney announced that the new recreation area would be named Perinton Park.



1962 crowds at Perinton Park during Sesquicentennial celebration

On September 26th, 1961, Lt. Governor Malcom Wilson participated in the rededication of the park. The local newspaper applauded the efforts put forth by the town and community volunteers, stating: "Perinton Park gains the increasing approval of the local citizenry. Neat as a pin and showing signs of good planning, the park is bound to increase in popularity. The town fathers can take a well-deserved bow."

Perinton Park was essential to the town's sesquicentennial celebration in the summer of 1962, when tens of thousands of people lined the canal's bank to witness an elaborate parade of boats. Today, as Perinton Park flourishes, we can take pride that our residents first enjoyed a park on this site over 90 years ago.

First Responder Spotlight: Greg Seigfred, Fairport Fire Department



Meet Greg Seigfred, a Lieutenant with the Fairport Fire Department and the department's Fire Prevention Officer. Greg has been a dedicated member of the Fairport FD since 2001, continuing a proud family tradition of firefighting.

Firefighting runs deep in Greg's family. His father has been a Fairport firefighter for over 40 years and remains active today. Greg joined the department at the same time as his brother, and his sister followed a few years later. Both his sister and brother-in-law are now professional firefighters in Greece and Gates. Greg's grandfather was also a past fire chief in the East Rochester Fire Department. This strong family legacy inspired Greg to take on the role of a firefighter.

Throughout his years with the fire department, Greg has been elected by his peers to various leadership positions, including lieutenant, captain, and company president. These roles are significant achievements, reflecting the confidence his fellow firefighters have in his abilities. The fire service is filled with challenges, both major and minor. Every alarm is a call for help, and Greg is grateful to face these challenges with a dedicated team working towards a common goal.

Fairport FD places great emphasis on training. Weekly drill nights and additional learning opportunities ensure that all members are well-equipped and prepared for any emergency. The department's diverse membership brings a wealth of knowledge and expertise, with experienced firefighters always ready to mentor and teach newer members.

As the Fire Prevention Officer, Greg plays a crucial role in educating the community about fire safety. Every October, during fire prevention week, the department visits every first-grade class in the school district to share important fire safety messages. They also participate in community events, visit daycares and preschools, and speak to various community groups throughout the year.

Greg's professional role as the Building Director/Fire Marshal for the Town of Perinton often intersects with his volunteer firefighting duties. He strives to balance work, family, and his commitment to the fire department, responding to as many calls and events as possible. With about 60 active firefighters in the Fairport FD, Greg knows that if he can't make it to a call, there are others who can.

Greg's family, especially his wife, is incredibly supportive of his firefighting career. When Greg is out on a call, his wife takes care of the kids, the dog, and the house. His children are also interested in his work, always eager to know the details of each call. It's a family affair when they come out to watch him march in parades.

Greg advises those interested in firefighting to be prepared for a significant commitment. Basic recruit training, regular drills, meetings, and alarms require dedication, but the rewards are immense. Firefighting offers the opportunity to make new friends, meet community members, and open doors to various opportunities.

Firefighting is a brotherhood and sisterhood. When someone is in need, help comes from firefighters, regardless of the department. Greg cherishes the camaraderie and support within the fire service, knowing that a firefighter is a firefighter, no matter the name on their coat.

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

Phone: (585) 223-9220

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

Bushnell's Basin Fire Department

Email: recruitment@bushnellsbasin.org

Phone: (595) 248-5606

Egypt Fire Department

Apply at egyptfd.org/how-to-join.html

Phone: (585) 223-1923

East Rochester Fire Department

Email: 3c12@eastrochester.org

Phone: (585) 381-1112

Penfield Fire Department

Apply at penfieldfire.org/volunteering

Phone: (585) 586-2413



Perinton Flu Shot Clinic

2024 SCHEDULE



Perinton Community Center

1350 TURK HILL ROAD, FAIRPORT, NY 14450

MONDAY, SEPTEMBER 16 9AM – 1PM

FRIDAY, SEPTEMBER 27 9AM – 1PM

MONDAY, OCTOBER 7 9AM – 1PM

SATURDAY, OCTOBER 12 9AM – 1PM

WEDNESDAY, OCTOBER 16 9AM – 1PM

No Appointment Needed -- Age 18 and Older -- No Cost with Insurance

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

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 RECREATION & PARKS

AQUATICS CENTER CLOSURE

FOR POOL RESURFACING!

ANTICIPATED
TIMEFRAME:
AUGUST 23-
SEPTEMBER 24,
2024

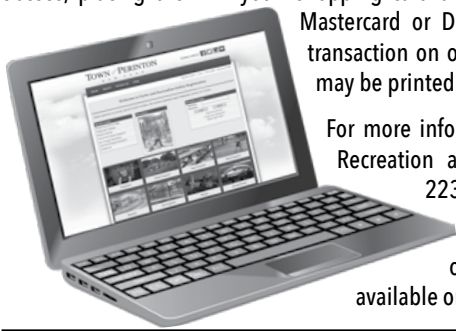
We apologize for the inconvenience
For up-to-date information please visit Perinton.org

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. Programs cancelled due to poor weather conditions will be announced by WHAM (1180 AM).

Holidays:

Friday, October 11 Superintendent's Conference Day
Monday, October 14 Columbus Day
Monday, November 11 Veterans Day
Wednesday - Friday, November 27-29 Thanksgiving Recess
Thursday & Friday, December 5 -6 K-5 Parent Conferences
Wednesday, December 25 Christmas Day (PCC Closed)
Monday - Friday, December 23- Winter Recess
Wednesday, January 1 New Year's Day (PCC Closed)

What's New For FALL

Preschool

Beginning Builders
Busy Climb & Tumble
Fall Friends Sports
Isshin-Ryu Karate Junior Beginners
Lift Bridge PT's Movement Mayhem
Lift Bridge PT's Obstacle Obsession
Little Hands, Little Bakers:
"Sleeping Beauty's Birthday Cake!"
Music with Littles
Nature Buds
Preschool Gymnastics
Social Skills and Primitive Reflex Integration
Teeny Tiny Artists: "Fall Leaves & Pumpkins Please"
Tots Tumble

Youth and Teen

Aspire - Advanced Ice Skating
Confidence Building Workshop for Girls
Confidence Building Workshop for Preteen Girls
Confidence Building Workshop for Teen Girls
Eyes on the Skies: Jupiter and Mars
Eyes on the Skies: Meteors and Satellites
Isshin-Ryu Karate All Ranks
Isshin-Ryu Karate for Teens and Adults
Isshin-Ryu Karate for Women
Jeet Kune Do
Junior Hip Hop
Preps 1 Ballet
Preps 2 Ballet

Preps 1 Hip Hop
Preps 2 Hip Hop
Preps 1 Jazz
Preps 2 Jazz
Preps 1 Tap
Preps 2 Tap
Preps Tumble
Pre-Teen Jazz/Hip Hop
Pre-Teen Lyrical/Ballet
Pre-Teen Tap
Youth Basketball

Youth and Teen

Arts & Crafts and Cooking

Cupcake Magic!
Adult
Garden Worthy Native Plants
Ground Truth

Healthy Soil, Healthy Gardens: The Amazing Partnership Between Plants and Living Soil
Intro to Flyfishing
Isshin-Ryu Karate All Ranks
Isshin-Ryu Karate for Teens and Adults
Isshin-Ryu Karate for Women
Jeet Kune Do
Promoting Child Development Through Play!
Tax Planning for Retirement
Total Body Barre

Adult Arts & Crafts and Cooking

Botanical Relief Printed Greeting Cards
Calligraphy
Crochet a Cute Axolotl
Crochet a Mini T-Rex
Needles at Noon: Knit a Cabled Irish Hiking Scarf
Paint Your Own Canvas Tote Bag
Relief Printed Dish Towel Set
Watercolor for FUN!



SPECIAL EVENTS

SPECIAL EVENTS

Register early to avoid program cancellation due to low enrollment.

SAVE THE DATE!!

Friday	September 13	Outdoor Movie Night
Saturday	September 14	Soccer Penalty Kick Challenge
Sunday	September 22	Breakfast with Grandparents
Friday	October 25	Halloween Parade
Saturday	November 2	Robot Revelry
Thursday	November 28	Turkey Jam
Sunday	December 1	Visit with the Grinch
Tuesday	February 4	Perinton's Pizza Poll

Outdoor Movie Night

Ages: Open to families
Join us to watch *Migration* to celebrate the start of a great school year! This event is organized by the PTAs of Brooks Hill, Dudley, Jefferson Avenue and Northside Schools, along with the Town of Perinton. Tickets need to be reserved so that we can adequately plan for the facilities, vendors and parking. Pre-event activities will start at 6:00 PM, including a variety of outdoor games. The Fairport Hots Food Truck will be available to purchase food. Be sure to bring your own chairs, blankets and snacks. <https://www.ticketleap.events/tickets/jeffersonavepta/outdoor-movie-night>. Sponsored by LeChase.



Location: Center Park
Date: F., 9/13
Not available on WebTrac.

Soccer Penalty Kick Challenge

Ages: 6-14 years
This event is sponsored and run by the Knights of Columbus. All contestants must be ages 6 and over. Winners that are 9 years and over have an opportunity to advance from the local level to regionals, and then state. This event is free and no registration is required.

Instructor: Joe DeMott
Location: Center Park West, field #2
Date: Sat., 9/14 9:00 AM-12:00 PM (1 class) No charge
Not available on WebTrac.

Breakfast with Grandparents

Ages: Open to all ages
Celebrate your grandparents by having breakfast together and making a cute craft with one another. We will provide pancakes with an array of toppings, coffee, tea and juice for your breakfast feast!

Location: PCC
Date: **Code: 418821-A** Sun., 9/22 10:00-11:00 AM (1 class) Res \$8, Non-Res \$9
Enroll all family members that attend. Fee charged per person.

Halloween Parade

Ages: Open to families
Calling all "boos" and "ghouls!" Be part of this all-ages Halloween costume parade! A costume contest will take place immediately following the arrival to Potter Park. Prize winners will be picked in age order starting with the youngest "Tiny Tots" category and continuing with Preschool, Grades K-3, Grades 4-6, Teens, Adults and Best Group. Complimentary donuts and cider provided by the Fairport Fire Department. This event is co-sponsored by the Fairport Rotary Club.

Location: Meet at Johanna Perrin Middle School parking lot - walk to Potter Park.
Date: F., 10/25 6:00 PM No pre-registration required. No charge.
Not available on WebTrac.

Robot Revelry

Ages: All Ages
Bring the family to play with our robot and enjoy an interactive experience while learning about STEM at our many activity booths! There will be learning fun for all ages. Please consider bringing a non-perishable donation for the Perinton Food Shelf as there is no admission fee.

Instructor: Fairport Robotics Team
Location: PCC
Date: **Code: 422706-A** Sat., 11/2 1:00-3:00 PM (1 class) No charge

Turkey Jam

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

Location: PCC
Date: Th., 11/28 8:00-10:00 AM No charge
Not available on WebTrac.

Visit with the Grinch

Ages: Open to families, ages 2 years and over
Welcome the holidays, bring your cheer! Welcome all Whos far and near. The Grinch is coming; it will be a special treat. Join us in Whoville for a snack to eat! He promises to behave his best, pre-register yourself and we'll take care of the rest!

Location: PCC
Date: **Code: 465810-A** Sun., 12/1 10:00-11:00 AM (1 class) Res \$8, Non-Res \$9
Enroll all family members that attend. Fee charged per person.

Perinton's Pizza Poll

Ages: Open to families
Back by popular demand, join us to sample a slice of pepperoni pizza from each participating parlor, and vote for your favorite! Pizza and water will be provided with the price of admission. Please enroll all family members that will attend. Children under the age of 3 are welcome to attend, but will not receive any pizza. It's bound to be a real Clash of the Crusts!

Location: PCC
Dates: **Code: 165806-A** Tu., 2/4 6:30-8:00 PM (1 class) Res \$12, Non-Res \$12
Children 3 and under
Code: 165806-B Tu., 2/4 6:30-8:00 PM (1 class) No charge

Register early to avoid program cancellation due to low enrollment.

Story Walk

If You Find a Leaf

By Aimee Sicuro

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

An exquisite picture book that celebrates the fall season and encourages children to see the colorful leaves around them in an entirely new way. The artist uses real leaves of vibrant hues to make her delightful illustrations.



Every year, gusts of wind blow colorful autumn leaves to the ground. Some leaves make a crunch under foot, and others are so beautiful they deserved to be saved. In this story, a young artist draws inspiration from the leaves she collects and every leaf sparks a new idea: a Honey Locust leaf turns into a swing to sway in the breeze, an American Basswood leaf becomes a hot air balloon to float high into the sky. Imagine what leaves could be if only we looked carefully!

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.



WEBTRAC ONLY Park Reservations WEBTRAC ONLY

2025 Parks Reservations for Perinton Residents start December 2nd at 10AM only on Webtrac.

Reservations are on a first come, first served basis. All interested parties are encouraged to register for a Webtrac account (webtrac.perinton.org) and browse the site prior to registration.

The Recreation and Parks Department will accept 2025 reservation applications for the Fellows Road Building, Perinton Park Building, White Brook Nature Area Building and town park shelters for Perinton residents beginning Monday, December 2 at 10AM. The month of December is for residents' reservations only. Reservations will be open to non-residents (and residents) on Thursday, January 2 at 10AM.

The Fellows Road Building, Perinton Park Building and White Brook Nature Area Building will be available for reservations from January 2025 through December 2025.

The Fellows Road Park and Perinton Park buildings accommodate groups up to 65 people with tables and chairs and the White Brook Nature Area building accommodates groups up to 48. All three buildings are heated, and have rest rooms, a refrigerator and stove. The Fellows Road Building also has a fireplace.

Picnic shelters are located at Center Park, Egypt Park, Fellows Road Park, Kreag Road Park, and Perinton Park. Electrical outlets are provided at all shelters. They are available for reservations from April 29 through October 4.

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

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 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 ½ hours in duration. For more information, go to the Association's website, www.crescenttrail.org or visit us on Facebook at 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.

Saturday, September 28, 8:00 PM | Stargazing Hike at White Brook Nature Area. We will meet at 8:00 PM at the White Brook parking lot at 250 Aldrich Road and then head out to the open field. This event is weather dependent, and we will cancel if conditions are not conducive to star gazing. Stay tuned.

GPS Coord: 43.07083, -77.38964

Sunday, September 8, 1:30 PM | Grandparents Day Hike! The little ones can have fun exploring Fairy Houses. We will meet at the Center Park West Parking lot (off Ayrault Road, just east of Turk Hill).

GPS Coord: 43.07942, -77.42914

Sunday, October 13, 1:30 PM | Coyote Den Trail in Ellison Park. We will meet at the trailhead at 1008 Penfield Road.

GPS Coord: 43.136008, -77.513511

Sunday, November 10, 1:30 PM | Cartersville Trail, along the canal toward Pittsford. We will meet at the parking lot on Rt. 96 by the canal, just west of Thornell Road. It is possible some of us may head over to Aurora Brewing right next door after the hike.

GPS Coord: 43.06306, -77.48307

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

2025 Community Garden

Ages: Open to families

The garden is a community space where people can rent a raised bed. It allows members (novice or expert) to 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

Existing 2024 garden members may register 9/23-10/15. New members registration begins on 10/16.

Not available on WebTrac.

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 ½ hours for doubles
if people are waiting.



PRESCHOOL

A note on Preschool Programs:

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

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

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

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

Art and Sensory Play

Ages: 18 months-7 years (adult participation required)
This process-oriented art and sensory class is so much fun for young children. Not only do they make beautiful works of art, but they will explore S.T.E.A.M. concepts through the process. They get to explore a variety of materials with their senses. It will be so much fun, so please dress for the mess.

Instructor: Drew Beeman, Progressive Early Learning
Location: PCC
Dates: **Code: 428838-A** M., 10/7-11/14 (ex. 10/14) 10:30-11:15 AM (4 classes) Res \$60, Non-Res \$66

Baby Blades

Ages: 2-6 years (adult participation required)
Introduce your baby to the ice this program is designed to get your children excited about being on the ice in a comfortable setting. Classes focus on acquainting your child to the ice & start developing coordination. Skaters should bring gloves & dress warmly to skate. **Participant & chaperone: An additional \$20 fee must be paid to the instructor on the first class that goes to U.S. Figure Skating for insurance coverage.** Skate rental is available for the additional cost of \$24 for the 6-week session.

Instructor: Pamela Warren
Location: Village Sports, 2830 Baird Road
Dates: **Code: 435824-A** Sun., 9/29-11/3 1:30-2:20 PM (6 classes) Res \$150, Non-Res \$160 *10/27 is 4:00-4:50 PM
Code: 435824-AA Sun., 11/10-12/15 1:30-2:20 PM (6 classes) Res \$150, Non-Res \$160
Code: 435824-AAA Sun., 1/5-2/9 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160

Bear Snores On! Tea Party!

Ages: 3-7 years
Come learn all about hibernation with this adorable story about a very sleepy bear called *Bear Snores On!* You'll create 2 'beary-cute' crafts to learn where animals go in the winter. Then ice a cookie to make Bear's face! Class concludes with a tea party (apple juice) and pop popcorn just like the characters in the story! Includes party favor.

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 415892-A** Sat., 1/11 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

Register early to avoid program cancellation due to low enrollment.

NEW!! Beginning Builders

Ages: 4-5 years
LEGO® building is about fun, imagination, creativity, story telling, and joy! We will start out with lots of LEGO pieces and minifigs to play with. We graduate to building our own small sets, which can go home. A parent/guardian is expected to stay in the room. Come build with Mr. Dave!

Instructor: Dave Jutsum
Location: PCC
Dates: **Code: 416822-A** Tu., 9/10-10/1 10:00-11:00 AM (4 classes) Res \$40, Non-Res \$44
Code: 416822-B Tu., 10/8-10/29 10:00-11:00 AM (4 classes) Res \$40, Non-Res \$44
Code: 416822-C Tu., 11/5-11/26 10:00-11:00 AM (4 classes) Res \$40, Non-Res \$44

Broadway Babies: Cinderella

Ages: 3-5 years
Attention all princesses and princes! Come join us for our exciting new "Fairytale Theatre" class. Kids will have a wonderful time bringing a fairytale to life through storytelling, music and movement. They will also use props, costumes, and sets for a final performance with friends and family. Don't miss out on this unforgettable magical experience!

Instructor: Edward Rocha, Bravo! Creative Arts
Location: PCC
Dates: **Code: 425232-G** M. & W., 9/9-9/25 4:30-5:00 PM Res \$50, Non-Res \$55

NEW!! Busy Climb & Tumble

Ages: 2-4 years (adult participation required)
Get those busy bodies climbing over mats and blocks and learn to safely jump off! With bars and beams there are new skills in each session because it's the happiest hour of the week! Join Coach Mary to follow friends through structured obstacle courses and free time too! A coordination-foundation for boys and girls!

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 415840-A** F., 9/27-11/1 (ex. 10/11) 5:45-6:15 PM (5 classes) Res \$69, Non-Res \$76
Code: 415840-B F., 11/15-12/20 (ex. 11/29) 5:45-6:15 PM (5 classes) Res \$69, Non-Res \$76
Code: 415840-C F., 9/27-11/1 (ex. 10/11) 6:15-6:45 PM (5 classes) Res \$69, Non-Res \$76
Code: 415840-D F., 11/15-12/20 (ex. 11/29) 6:15-6:45 PM (5 classes) Res \$69, Non-Res \$76

Butterfly Kids Yoga

Ages: 2-5 years
A fun yoga class for ages 2-5! We'll develop flexibility, coordination, gross motor skills, and sweet moments with yoga poses, fun activities, music and more. Please bring a water bottle each week. To learn more about Butterfly Kids Yoga, please visit www.butterflykidsyoga.com.

Instructor: Butterfly Kids Yoga Instructor
Location: PCC
Dates: **Code: 421100-A** M., 10/7-11/18 (ex. 10/14, 11/11) 10:00-10:45 AM (5 classes) Res \$55, Non-Res \$61
Code: 421100-B M., 11/25-12/16 10:00-10:45 AM (4 classes) Res \$44, Non-Res \$48

**Register Online Using
Our WebTrac System - See Page 19
<https://webtrac.perinton.org>**

Creative Movement

Ages: 3-5 years
Children will explore movement, channel energy, stimulate imagination, promote creativity, and embrace discipline while learning basic dance terms, ballet positions, movements, patterns and techniques. Ballet shoes recommended.

Instructor: M.C. Classical Productions
Location: PCC
Dates: **Code: 415854-A** Sat., 9/14-10/19 10:00-10:30 AM (6 classes) Res \$48, Non-Res \$53
Code: 415854-B Sat., 10/26-11/23 10:00-10:30 AM (5 classes) Res \$40, Non-Res \$44

Fairytale Theatre: Rapunzel

Ages: 3-5 years
Attention all princesses and princes! Come join us for our exciting new "Fairytale Theatre" class. Kids will have a wonderful time bringing a fairytale to life through storytelling, music and movement. They will also use props, costumes, and sets for a final performance with friends and family. Don't miss out on this unforgettable magical experience!

Instructor: Edward Rocha, Bravo! Creative Arts
Location: PCC
Dates: **Code: 425232-H** Tu. & Th., 10/8-10/24 4:30-5:00 PM Res \$50, Non-Res \$55

NEW!! Fall Friends Sports

Ages: 2-5 years (adult participation required)
Empower your little athlete with the thrill of running, shooting and scoring! And everyone goes home tired! Fun games and drills for Soccer, Football and Lacrosse! Unique skills introduced in each session keep them engaged and having fun! Outdoor space may be used in PM classes weather permitting.

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 415827-A** Th., 9/26-10/24 5:30-6:05 PM (5 classes) Res \$69, Non-Res \$76
Code: 415827-B Th., 11/7-12/12 (ex. 11/28) 5:30-6:05 PM (5 classes) Res \$69, Non-Res \$76
Code: 415827-C Th., 9/26-10/17 10:30-11:00 AM (4 classes) Res \$59, Non-Res \$65

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! Equipment, toys and songs are specifically geared for a one year old's sense of curiosity and fun!

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 415803-A** Tu., 9/24-10/15 9:30-10:15 AM (4 classes) Res \$36, Non-Res \$40
Code: 415803-B Tu., 10/22-11/12 9:30-10:15 AM (4 classes) Res \$36, Non-Res \$40
Code: 415803-C Tu., 11/19-12/10 (ex. 11/26) 9:30-10:15 AM (3 classes) Res \$27, Non-Res \$30



Holly Jolly Christmas Ornaments!

Ages: 3-7 years
Come join us as we make 3 delightful Christmas ornaments that make great gifts! Children will be delighted to go at their own pace through crafting stations. Then we will make homemade festive playdough scented with peppermint for you to take home. You are bound to have a holly jolly time!

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 415893-A** Sat., 12/7 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22
Code: 415893-B Sat., 12/7 12:30-1:30 PM (1 class) Res \$20, Non-Res \$22

Irish Dance for Little Leprechauns

Ages: 4-6 years
In this fun Irish Dance class, students will learn the skips, the Irish jig, and some of Amy's favorite legends from Ireland. Parents are invited to our performance the last day of class! Taught by Amy Coppola, TCRG of Dunleavy Irish Dance. Please bring a water bottle and wear socks, shorts and a t-shirt.

Instructor: Amy Coppola
Location: PCC
Dates: **Code: 425883-A** W., 9/11-12/18 (ex. 11/27) 4:30-5:15 PM (14 classes) Res \$210, Non-Res \$220

NEW!! Isshin-Ryu Karate Junior Beginners

Ages: 4-6 years
The class is designed for younger children. Students will learn 'mini' katas and fundamental karate techniques as well as work on listening skills and follow directions in a fun and safe atmosphere. This is a smaller group setting than our 6 year old and over class. Students will start out at white belt and earn striped belts on their way to solid yellow belt.

Instructors: Sensei Ann Peck & FKA Instructors
Location: PCC
Dates: **Code: 425808-JB** M., 9/9-1/13 4:00-4:45 PM (19 classes) Res \$228, Non-Res \$238

NEW!! Lift Bridge PT's Movement Mayhem

Ages: 3-5 years
Join pediatric therapists from Lift Bridge Physical Therapy as we explore developmentally appropriate gross motor obstacle courses and movement stations followed by focus exercises.

Instructor: Coleen Riccione
Location: PCC
Dates: **Code: 415844-B** M., 10/7 4:30-5:15 PM (1 class) Res \$35, Non-Res \$39
Code: 415844-C M., 10/21 4:30-5:15 PM (1 class) Res \$35, Non-Res \$39
Code: 415844-D M., 10/28 4:30-5:15 PM (1 class) Res \$35, Non-Res \$39

NEW!! Lift Bridge PT's Obstacle Obsession

Ages: 3-5 years
Join pediatric therapists from Lift Bridge Physical Therapy as we explore developmentally appropriate gross motor obstacle courses and movement stations followed by focus exercises.

Instructor: Coleen Riccione
Location: PCC
Dates: **Code: 415844-A** M., 9/9-9/23 9:00-9:45 AM (3 classes) Res \$100, Non-Res \$110

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 & 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: 411819-A** M., 9/23-11/4 (ex. 10/14) 1:30-2:15 PM (6 classes) Res \$89, Non-Res \$98
Code: 411819-B M., 11/18-12/16 1:30-2:15 PM (5 classes) Res \$79, Non-Res \$87

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 renowned 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! Fee does not include Lil' Kickers uniform, available for purchase at TCSC for \$30.

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

Please note: Due to the early start date of all Lil' Kickers programs, registration for these sessions will begin on 8/12 (Res) and 8/19 (Non-Res).

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: 425311-A** W., 8/28-11/20 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425311-B W., 8/28-11/20 11:00-11:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425311-BB W., 8/28-11/20 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425311-BBB W., 8/28-11/20 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425311-C Th., 8/29-11/21 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425311-CC Th., 8/29-11/21 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425311-CCC Th., 8/29-11/21 6:00-6:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425311-D Sat., 8/31-11/23 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425311-E Sat., 8/31-11/23 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425311-F Sun., 9/1-11/24 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425311-FF Sun., 9/1-11/24 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218

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: 425319-A** W., 8/28-11/20 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425319-B W., 8/28-11/20 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425319-BB W., 8/28-11/20 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425319-CC Th., 8/29-11/21 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425319-C Th., 8/29-11/21 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425319-D Sat., 8/31-11/23 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425319-E Sat., 8/31-11/23 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425319-F Sun., 9/1-11/24 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425319-G Sun., 9/1-11/24 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218

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 person they are meant to be. The goal is to get them to be more interactive with their 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: 425320-A** W., 8/28-11/20 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425320-AA W., 8/28-11/20 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425320-AAA W., 8/28-11/20 6:00-6:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425320-BB Th., 8/29-11/21 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425320-B Th., 8/29-11/21 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425320-BBB Th., 8/29-11/21 6:00-6:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425320-C Sat., 8/31-11/23 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425320-D Sat., 8/31-11/23 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425320-E Sun., 9/1-11/24 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425320-F Sun., 9/1-11/24 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218

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: 425321-A W., 8/28-11/20 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425321-AA W., 8/28-11/20 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425321-AAA Th., 8/29-11/21 4:00-4:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425321-AAAA Th., 8/29-11/21 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425321-B Sat., 8/31-11/23 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425321-C Sat., 8/31-11/23 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425321-DD Sun., 9/1-11/24 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425321-D Sun., 9/1-11/24 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218

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: 425322-A W., 8/28-11/20 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425322-AA W., 8/28-11/20 6:00-6:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425322-B Th., 8/29-11/21 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425322-BB Th., 8/29-11/21 6:00-6:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425322-CC Sat., 8/31-11/23 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425322-C Sat., 8/31-11/23 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425322-DD Sun., 9/1-11/24 9:00-9:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425322-D Sun., 9/1-11/24 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218

NEW!! Little Hands, Little Bakers: "Sleeping Beauty's Birthday Cake!"

Ages: 3-7 years (adult participation required)
Let's re-create the "Lopsided Layer Cake" from Disney's Sleeping Beauty! You'll enjoy baking a mini 4-inch layer cake to ice, decorate, and fancy up with sprinkles to take home to enjoy! As our cupcakes bake, you'll make your own fairy princess hats complete with tulle! All materials included as well as a themed party favor. 2 children=2 adults.

Instructor: Ginny Schenker
Location: PCC
Dates:
Code: 421820-A Sat., 10/5 10:00-11:30 AM (1 class) Res \$25, Non-Res \$28
Code: 421820-AA Sat., 10/5 12:30-2:00 PM (1 class) Res \$25, Non-Res \$28

Little Hands, Little Bakers: "Elf Cupcakes!"

Ages: 3-7 years
This festive baking class will certainly get you excited for the holiday season! As our cupcakes bake, we will read *The Night Before Christmas!* Then decorate our elf cupcakes as well as a "Christmas Tree" sugar cone using green icing and mini M&M candies as decorative "lights"! Surprise your Elf on the Shelf by bringing home an elf-sized box of miniature "Donuts" that you are sure to have fun icing and decorating! All materials included as well as a themed party favor.

Instructor: Ginny Schenker
Location: PCC
Dates:
Code: 421820-B Sat., 12/14 10:00-11:00 AM (1 class) Res \$25, Non-Res \$28
Code: 421820-BB Sat., 12/14 12:30-1:30 PM (1 class) Res \$25, Non-Res \$28
Code: 421820-BBB Sat., 12/14 2:00-3:00 PM (1 class) Res \$25, Non-Res \$28

NEW!! Music with Littles

Ages: 0-4 years (adult participation required)
A group for young children and their parent(s) to engage in connection with each other, socialization with other child/adult pairs, and find joy through music and play. Includes sing-alongs, instrument exploration, emotional regulation strategies, and a place for love and care.

Instructor: Paige Hargrave
Location: PCC
Dates:
0-2 years
Code: 416831-A W., 9/11-10/2 4:30-5:00 PM (4 classes) Res \$60, Non-Res \$66
Code: 416831-C W., 10/9-10/30 4:30-5:00 PM (4 classes) Res \$60, Non-Res \$66
Code: 416831-E W., 12/4-12/18 4:30-5:00 PM (3 classes) Res \$55, Non-Res \$61
2-4 years
Code: 416831-B W., 9/11-10/2 5:00-5:30 PM (4 classes) Res \$60, Non-Res \$66
Code: 416831-D W., 10/9-10/30 5:00-5:30 PM (4 classes) Res \$60, Non-Res \$66
Code: 416831-F W., 12/4-12/18 5:00-5:30 PM (3 classes) Res \$55, Non-Res \$61



NEW!! Nature Buds

Ages: 4-6 (adult participation required)
Come play and learn together in the great outdoors! Connecting with nature through play is a fun, healthy way to foster a sense of wonder, creativity, resilience, discovery and an adventurous spirit in young children while providing a balance between the virtual world and the natural world. Classes will include nature stories, songs, exploration and play.

Instructor: Barbara Rose
Location: White Brook Nature Area, 250 Aldrich Road
Dates: **Code: 425930-A** Tu., 9/24-11/12 1:00-2:30 PM (8 classes)
Res \$120, Non-Res \$130



Pint Sized Picassos

Ages: 2-6 years (adult participation required)
Come and explore all sorts of artistic materials! We'll create 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. Evening session also available!

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 418222-A** W., 9/25-10/16 10:00-10:45 AM (4 classes)
Res \$40, Non-Res \$44
Code: 418222-B W., 10/23-11/13 10:00-10:45 AM (4 classes)
Res \$40, Non-Res \$44
Code: 418222-C W., 11/20-12/11 (ex. 11/27) 10:00-10:45 AM (3 classes) Res \$30, Non-Res \$33
Code: 418222-D W., 9/25-10/16 5:45-6:30 PM (4 classes)
Res \$40, Non-Res \$44

Pre-Ballet and Tap I

Ages: 2 ½-3 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: 416815-A** F., 9/13-12/13 (ex. 10/11, 11/1, 11/29) 10:30-11:15 AM (11 classes) Res \$110, Non-Res \$120

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: 416815-B** F., 9/13-12/13 (ex. 10/11, 11/1, 11/29) 3:45-4:30 PM (11 classes) Res \$110, Non-Res \$120

Preschool Adventures

Ages: 2-6 years (adult participation required)
A stress free introduction to preschool. We will have storytime, large motor activity and 6-7 art projects and creative stations. We will practice listening, taking turns, and using classroom materials as well as identifying colors, shapes and numbers. Each week will have a new theme. www.preschooladventuresroc.weebly.com.

Instructor: Sherry Murray
Location: PCC
Dates: **Dinosaurs, Construction, Under the Sea, Chicka Chicka Boom Boom**
Code: 428828-E M., 9/9-9/30 10:00-11:00 AM (4 classes)
Res \$58, Non-Res \$64
Pete's a Pizza, Fall, Pigsty, Go Away Big Green Monster
Code: 428828-EE M., 10/7-11/4 (ex. 10/14) 10:00-11:00 AM (4 classes) Res \$58, Non-Res \$64
If You Give a Mouse a Cookie, Wild Card Week, Thanksgiving, The Mitten
Code: 428828-EEE M., 11/18-12/9 10:00-11:00 AM (4 classes) Res \$58, Non-Res \$64

Preschool Adventures – Gingerbread Boy

Ages: 2-6 years (adult participation required)
You can't catch me, I'm the Gingerbread Man! We will read the book about this naughty cookie and then follow clues through the Community Center to see if we can find him. Next we will make our own cracker 'candy' houses and salt dough ornaments. (The edible houses will be made entirely from toddler friendly foods).

Instructor: Sherry Murray
Location: PCC
Dates: **Code: 428828-F** M., 12/16 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

Preschool Adventures – Celebrate Winter

Ages: 2-6 years (adult participation required)
Let's celebrate winter! We'll read a story, make our own stuffed sock snowman, eat fried snowflakes, melt frozen hearts out of ice, and make a birdfeeder.

Instructor: Sherry Murray
Location: PCC
Dates: **Code: 428828-G** M., 1/6 10:00-11:00 AM (1 class) Res \$15, Non-Res \$17

Preschool Adventures – Going on a Bear Hunt

Ages: 2-6 years (adult participation required)
Bring a small stuffed bear and your imagination to travel on a bear hunt through the community center. Children and their adult will make a bear cave, paint, explore and dance. We're not scared!

Instructor: Sherry Murray
Location: PCC
Dates: **Code: 428828-H** M., 1/13 10:00-11:00 AM (1 class) Res \$16, Non-Res \$18

NEW!! Preschool Gymnastics

Ages: 3 ½-6 years
Learn rolls, cartwheels and handstand-skills adapted for our youngest learners with safety-certified Coach Mary. There's no better sport for strength and coordination. Try the bars and beams and grow your healthy body! Great for girls and boys alike!

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 425928-A** F., 10/4-11/1 (ex. 10/11) 1:00-1:40 PM (4 classes) Res \$59, Non-Res \$65



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. Colorful equipment to climb on, riding toys, etc. for active fun! Dry sneakers, comfortable clothing required. Check in at the downstairs reception desk.

Location: PCC

Dates: M.-F., Sept. 16-Jan. 13
 (ex. 10/14, 11/11, 11/28, 11/29, 12/24, 12/25, 12/31, 1/1)
 9:00-11:00 AM

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

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: 415811-A** Th., 9/26-10/17 9:30-10:30 AM (4 classes)
 Res \$44, Non-Res \$48
Code: 415811-B Th., 10/24-11/21 9:30-10:30 AM (5 classes)
 Res \$55, Non-Res \$61

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, wet & dry things, rough & smooth things and more! They will experience scientific concepts as they play and explore the materials provided and so much more!

Instructor: Drew Beeman, Progressive Early Learning

Location: PCC

Dates: **Code: 428832-A** M., 9/9-9/30 10:30-11:30 AM (4 classes)
 Res \$60, Non-Res \$66
Code: 428832-B M., 12/16-1/6 10:30-11:30 AM (4 classes)
 Res \$60, Non-Res \$66

NEW!! Social Skills and Primitive Reflex Integration

Ages: 3-5 years
 Our dynamic class, designed collaboratively by a Special Education teacher and a Physical Therapist, focuses on integrating primitive reflexes and fostering social skills in children aged 3-5 years. Through interactive activities and personalized attention, we create an exciting and transformative learning environment.

Instructors: Mary Bridget Barniskis & Coleen Riccione

Location: PCC

Dates: **Code: 415844-E** M., 1/6 4:30-5:15 PM (1 class) Res \$35, Non-Res \$39
Code: 415844-F M., 1/13 4:30-5:15 PM (1 class) Res \$35, Non-Res \$39

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. 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: 428829-A** M., 11/18-12/9 10:30-11:30 AM (4 classes)
 Res \$60, Non-Res \$66

Teeny Tiny Artists: Barnyard Palooza!

Ages: 2-4 years (adult participation required)
 Join us as we learn all about farm animals through art! Your little one will be delighted to move at their own pace through art creation stations to make 4 farm animals using a variety of art materials! We will have a mini circle time at the end of class with a story and songs.

Instructor: Ginny Schenker

Location: PCC

Date: **Code: 412901-A** Sat., 9/14 10:00-10:45 AM (1 class) Res \$20, Non-Res \$22

NEW!! Teeny Tiny Artists: "Fall Leaves & Pumpkins Please!"

Ages: 2-4 years (adult participation required)
 Join me as we learn all about the season of autumn! You'll enjoy creating one large painting of trees with fall colors, acorns, pumpkins, and a scarecrow using a variety of art materials. We will end class with a mini circle time reading "Hide and Seek, Nuts to Eat!" & sing songs. Includes a mini pumpkin to take home.

Instructor: Ginny Schenker

Location: PCC

Date: **Code: 412901-B** Sat., 10/26 10:00-10:45 AM (1 class) Res \$20, Non-Res \$22



PRESCHOOL

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 all geared towards a toddler's sense of fun and creativity.

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 411820-A** Tu., 9/24-10/15 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40
Code: 411820-B Tu., 10/22-11/12 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40
Code: 411820-C Tu., 11/19-12/10 (ex. 11/26) 10:30-11:15 AM (3 classes) Res \$27, Non-Res \$30

Tiny Trotters

Ages: 4-6 years
 A beginner class perfect for the younger child who loves horses. They will learn how to groom and lead their pony on foot. In the saddle they will learn safely rules for riding plus the basics of steering while walking and halting their pony.

Instructors: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 425752-A** Tu., 9/10-10/1 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170
Code: 425752-B F., 9/13-10/4 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170
Code: 425752-C Tu., 10/8-10/29 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170
Code: 425752-D F., 10/11-11/1 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170
Code: 425752-E Tu., 11/5-11/19 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130
Code: 425752-F F., 11/8-11/22 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130
Code: 425752-G Tu., 12/3-12/17 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130
Code: 425752-H F., 12/6-12/20 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130



Tots 1 Tap/Ballet

Ages: 3-4 years
 This combo class is comprised of tap and ballet. This class will be focused on the foundation 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.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 426865-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30) 4:30-5:30 PM (15 classes) Res \$236, Non-Res \$246

Tots 2 Tap and Ballet

Ages: 5-6 years
 Students will learn coordination with more challenging tap and ballet skills, through imagination activities across the floor while building balance and confidence. Dancers will enjoy learning ballet and tap terminology as well as the dance moves and express their individuality.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 426868-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30) 4:30-5:30 PM (15 classes) Res \$236, Non-Res \$246

NEW!! Tots Tumble

Ages: 3-6 years
 For kids ages 3-6 years that are learning the basic acro positions and more. This includes forwards and backwards rolls, bridges, cartwheels and variations, and more. Students will work on strength and body awareness, all while working on solid foundations of beginner skills in a safe and supportive way.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 415910-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30) 5:30-6:00 PM (15 classes) Res \$105, Non-Res \$115

YOUTH & 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.

Advanced Taekwondo – Blue Belt Up

See Adult page 51

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 facility's 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 and crafts, and much more. Grades 4-6 will have access to Wi-Fi 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)

Cost: Fall Semester
K-3
Code: 425538-A (\$1,040 – payable in one installment)
Code: 425538-B (\$1,100 – payable in \$275/month installments)
4-6
Code: 425538-C (\$1,040 – payable in one installment)
Code: 425538-D (\$1,100 – payable in \$275/month installments)

Registration: Please send form to Michael Clark at the Perinton Community Center. An information packet will be mailed as soon as we process your registration. If you require additional information, please call Perinton Recreation and Parks at 223-5050.

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

NEW!! Aspire – Advanced Ice Skating

Ages: 6 years and over
Aspire & take your skating to the next level! Put your skater on the track to success with Aspire program: a bridge program between Learn to Skate & advanced figure skating classes; designed for skaters to meet their individual skating goals, while introducing them to advanced figure skating training. **A 25-minute lesson. An additional \$20 must be paid on the first day of class to US Figure Skating for insurance coverage.**

Instructor: Pamela Warren
Location: Village Sports, 2380 Baird Road
Dates: **Code: 435836-A** Sun., 9/29-11/3 1:30-2:20 PM (6 classes)
Res \$150, Non-Res \$160 *10/27 is 4:00-4:50 PM
Code: 435836-B Sun., 11/10-12/15 1:30-2:20 PM (6 classes)
Res \$150, Non-Res \$160
Code: 435836-C Sun., 1/5-2/9 1:00-1:50 PM (6 classes)
Res \$150, Non-Res \$160

Bravo! Creative Arts

Ages: 5-18 years
Instructor: Edward Rocha
Location: Perinton Community Center, Penfield Community Center & Pittsford Community Center

Jungle Book

Ages: 5-10 years
Banished by the ferocious tiger, Shere Khan, a human boy named Mowgli and his panther friend, Bagheera, are on the run in the deepest parts of the jungle. On their journey, the two meet a sinister snake named Kaa, a herd of elephants and a giant bear named Baloo, who teaches them the swingin' musical rhythms of the jungle. After surviving a dangerous encounter with a band of monkeys led by King Louie, Mowgli and Bagheera are forced to run for their lives. When Shere Khan returns, our heroes must rally their fellow animals into battle and restore peace throughout the jungle.

Location: Perinton & Pittsford Community Centers
Dates: **Code: 425232-A** F., 9/13-10/25 5:30-6:30 PM
(Perinton Community Center) Sat., 9/14-10/26 11:00 AM-12:00 PM (Pittsford Community Center) Performance at Pittsford Community Center, Sun., 10/27 at 2:00 PM Res \$200, Non-Res \$210

Roald Dahl's Willy Wonka Jr.

Ages: 9-15 years
Roald Dahl's Willy Wonka Jr. follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. Four of the five winning children are insufferable brats, but the fifth is a likeable young lad named Charlie Bucket, who takes the tour in the company with his equally amiable grandfather. The children must learn to follow Mr. Wonka's rules in the factory – or suffer the consequences.

Location: Perinton & Pittsford Community Centers
Dates: **Code: 425232-B** F., 9/13-11/8 6:30-8:00 PM
(Perinton Community Center) Sun., 9/15-11/3 11:00 AM-12:00 PM (Pittsford Community Center) Performance at Pittsford Community Center, Sun., 11/10 at 4:00 PM Res \$200, Non-Res \$210

Oliver Jr.

Ages: 7-15 years
The streets of Victorian England come to life as Oliver, a malnourished orphan in a workhouse, becomes the neglected apprentice of an undertaker. Oliver escapes to London and finds acceptance amongst a group of petty thieves and pickpockets led by the elderly Fagin. When Oliver is captured for a theft that he did not commit, the benevolent victim, Mr. Brownlow takes him in. Fearing the safety of his hideout, Fagin employs the sinister Bill Sikes and the sympathetic Nancy to kidnap him back, threatening Oliver's chances of discovering the true love of a family.

Location: Penfield & Pittsford Community Centers
Dates: **Code: 425232-C** Th., 10/3-12/5 6:00-7:30 PM
(Penfield Community Center) Sat., 10/5-12/7 12:00-2:00 PM (Pittsford Community Center) Sun., 10/6-12/8 12:00-2:00 PM (Pittsford Community Center)
Production Week: W.-F., 12/11-12/13 6:00-8:00 PM
(Penfield Community Center) Performances at Penfield Community Center, Sat., 12/14 at 6:00 PM and Sun., 12/15 at 2:00 PM Res \$200, Non-Res \$210

YOUTH & TEEN

Something Rotten Jr.

Ages: 11-18 years
In the 1590s, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as "The Bard." When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first musical. But amidst the scandalous excitement of opening night, the Bottom Brothers realize that reaching the top means being true to thine own self, and all that jazz.

Location: Perinton, Penfield & Pittsford Community Centers

Dates: **Code: 425232-D** Tu., 9/1-12/3 6:00-7:30 PM (Penfield Community Center) Sat., 9/14-11/30 5:30-6:30 PM (Pittsford Community Center) F., 11/15-11/29 6:30-7:30 PM (Perinton Community Center)
Production Week: F. & Sat., 12/6-12/7 and Sun., 12/15 Times vary (Penfield Community Center) Performances at Penfield Community Center, Sat., 12/21 at 2:00 PM and 6:00 PM and Sun., 12/22 at 2:00 PM

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 ballet barre and center exercises and work on routines. Experienced students will continue their skill development, but first-time students are welcome too! Wear leotards and tights, pull hair out of the face. Ballet shoes required.

Instructor: Vanessa Watters

Location: PCC

Dates: **Code: 425851-A** M., 9/9-12/9 (ex. 10/14, 11/11, 11/25) 4:30-5:15 PM (11 classes) Res \$110, Non-Res \$120

Beginning Ballet

Ages: 4 ½-6 years
In Beginning Ballet, children develop coordination and musicality, flexibility and good body alignment, strengthen 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 required.

Instructor: Vanessa Watters

Location: PCC

Dates: **Code: 425854-A** F., 9/13-12/13 (ex. 10/11, 11/1, 11/29) 4:30-5:15 PM (11 classes) Res \$110, Non-Res \$120

Boatsafe NY - Boating Safety Certificate Course

See Adult page 46

Children Beginning Taekwondo

Ages: 6-8 years
Children's Taekwondo 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

Instructors: Rochester Taekwondo Club

Location: PCC

Dates: **Code: 445847-G** Th., 9/12-1/16 (ex. 10/31, 11/28, 12/26, 1/2) 5:45-6:20 PM (15 classes) Res \$101, Non-Res \$111

NEW!! Confidence Building Workshop for Girls

Ages: 9-10 years
6-week series where girls can empower each other while learning to confidently navigate stress, emotional crisis, and resolving conflict. We will seek to understand self-esteem and use positive self talk. Participants will learn how to use their voice to advocate for what matters to them.

Instructor: Rebecca Schwarz

Location: PCC

Dates: **Code: 435867-A** M., 10/21-12/9 (ex. 11/11, 11/25) 6:00-7:00 PM (6 classes) Res \$72, Non-Res \$79

NEW!! Confidence Building Workshop for Preteen Girls

Ages: 11-12 years
6-week series where girls can empower each other while learning to confidently navigate stress, emotional crisis, and resolving conflict. We will seek to understand self-esteem and use positive self talk. Participants will learn how to use their voice to advocate for what matters to them.

Instructor: Rebecca Schwarz

Location: PCC

Dates: **Code: 435868-A** M., 10/21-12/9 (ex. 11/11, 11/25) 7:00-8:00 PM (6 classes) Res \$72, Non-Res \$79

NEW!! Confidence Building Workshop for Teen Girls

Ages: 13-15 years
6-week series where girls can empower each other while learning to confidently navigate stress, emotional crisis, and resolving conflict. We will seek to understand self-esteem and use positive self talk. Participants will learn how to use their voice to advocate for what matters to them.

Instructor: Rebecca Schwarz

Location: PCC

Dates: **Code: 435869-A** W., 9/11-10/16 6:00-7:00 PM (6 classes) Res \$72, Non-Res \$79
Code: 435869-B W., 9/11-10/16 7:00-8:00 PM (6 classes) Res \$72, Non-Res \$79

NEW!! Eyes on the Skies: Jupiter and Mars

Ages: 7-12 years
Is your young person interested in all things space? In this class we'll take a fun look up at the skies! Jupiter and Mars: What's so special about these very different planets? We'll do a themed craft and an experiment that will be hands-on and aimed towards getting kids excited about science.

Instructor: Sharilyn Ross

Location: PCC

Dates: **Code: 426810-C** W., 1/8-1/15 4:15-5:15 PM (2 classes) Res \$22, Non-Res \$24



NEW!! Eyes on the Skies: Meteors and Satellites

Ages: 7-12 years
Is your young person interested in all things space? In this class we'll take a fun look up at the skies! Meteors and Satellites: Where did they come from and where are they going? We'll do a themed craft and an experiment that will be hands-on and aimed towards getting kids excited about the science!

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 426810-A** W., 10/23-10/30 4:15-5:15 PM (2 classes) Res \$22, Non-Res \$24

Family Taekwondo

See Adult page 51

FITKids

Ages: 5-7 years
Come try the Olympic sport of fencing where children can experience the thrill of swordplay in a safe environment! Participants will get a great physical and mental workout while mastering the basic footwork and tactics through fun games and exercises. All fencing equipment will be provided.

Instructors: Rochester Fencing Club Staff
Location: Rochester Fencing Club, 3335 Brighton-Henrietta Town Line Road
Dates: **Code: 421835-A** W., 10/2-10/23 4:00-4:45 PM (4 classes) Res \$62, Non-Res \$68

Folklore Latino

Ages: 4-9 years
Folkloric Latin dance moves in the Carnival, exploring different dance styles like cumbia, merengue, comparsas and movements with South American and Caribbean influences.

Instructor: Evelyn D'Agostino
Location: PCC
Dates: **Code: 416800-B** Sun., 9/15-12/8 (ex. 10/6, 11/10, 11/24) 4:00-5:00 PM (10 classes) No charge

Gymnastics & Parkour

Ages: 5-10 years
This energetic class offers skills for a small group to master tricks in the air and on the ground! Many sports benefit from a strong gymnastics foundation! Learn rolls, cartwheels and handsprings with safety-certified Coach Mary! Try vaulting, beams, floor bars and use that energy to bounce off our walls, safely!

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 435827-A** F., 9/27-11/1 (ex. 10/11) 4:20-5:00 PM (5 classes) Res \$69, Non-Res \$76
Code: 435827-B F., 9/27-11/1 (ex. 10/11) 5:00-5:40 PM (5 classes) Res \$69, Non-Res \$76
Code: 435827-C F., 11/15-12/20 (ex. 11/29) 4:20-5:00 PM (5 classes) Res \$69, Non-Res \$76
Code: 435827-D F., 11/15-12/20 (ex. 11/29) 5:00-5:40 PM (5 classes) Res \$69, Non-Res \$76

Home Alone Safety

Ages: 8-12 years
Learn basics of smart decision making while being home alone. Tips on answering the phone and door, basic first aid, and kitchen safety. Take-home booklet. Feel free to bring snack.

Instructor: Jerry Bennett
Location: PCC
Dates: **Code: 435809-A** Tu., 10/8 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22
Code: 435809-B W., 11/6 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22

Iaido - Learn Samurai Sword Techniques!

See Adult page 49

Improv 1

Ages: 8-13 years
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, and 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. No experience required. This class can be taken multiple times.

Instructor: Edward Rocha
Location: PCC
Dates: **Code: 425232-J** M. & W., 9/9-9/25 6:30-7:30 PM Res \$100, Non-Res \$110

Improv 2

Ages: 13-18 years
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. No experience required. This class can be taken multiple times.

Instructor: Edward Rocha
Location: PCC
Dates: **Code: 425232-K** W., 9/11-11/6 7:30-8:30 PM Res \$100, Non-Res \$110

NEW!! Intro to Flyfishing

See Adult page 49



**Register Online Using
Our WebTrac System - See Page 19
<https://webtrac.perinton.org>**

YOUTH & TEEN

Intro to Horseback Riding

Ages: 7 years and over
A beginner class for the child who wants to learn to ride. Experienced adult trainers will teach the basics of walk, trot and steering the horse while your child is in the saddle. Some classes may include grooming, how to tack up and how to properly cool out the horse after riding. All parents are invited to watch!

Instructors: JDL Instructors
Location: JDL Equine, 1942 Turk Hill Road
Dates:

Code: 435752-A W., 9/11-10/2 4:00-5:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-B F., 9/13-10/4 5:00-6:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-C Sat., 9/14-10/5 11:00 AM-12:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-D Sat., 9/14-10/5 1:00-2:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-E W., 10/9-10/30 4:00-5:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-F F., 10/11-11/1 5:00-6:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-G Sat., 10/12-11/2 11:00 AM-12:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-H Sat., 10/12-11/2 1:00-2:00 PM (4 classes)
Res \$180, Non-Res \$190

Code: 435872-I W., 11/6-11/20 4:00-5:00 PM (3 classes)
Res \$135, Non-Res \$145

Code: 435872-J F., 11/8-11/22 5:00-6:00 PM (3 classes)
Res \$135, Non-Res \$145

Code: 435872-K Sat., 11/9-11/23 11:00 AM-12:00 PM (3 classes)
Res \$135, Non-Res \$145

Code: 435872-L Sat., 11/9-11/23 1:00-2:00 PM (3 classes)
Res \$135, Non-Res \$145

Code: 435872-M W., 12/4-12/18 4:00-5:00 PM (3 classes)
Res \$135, Non-Res \$145

Code: 435872-N F., 12/6-12/20 5:00-6:00 PM (3 classes)
Res \$135, Non-Res \$145

Code: 435872-O Sat., 12/7-12/21 11:00 AM-12:00 PM (3 classes)
Res \$135, Non-Res \$145

Code: 435872-P Sat., 12/7-12/21 1:00-2:00 PM (3 classes)
Res \$135, Non-Res \$145

Irish Dance

Ages: 7-13 years
In this fun class, students will learn the skips, jig and original choreography from the world-class Dunleavy School. This class will work with the "Little Leprechauns," followed by a 15-minute private lesson for an extra challenge. Parents are invited to our performance the last day of class! Taught by Amy Coppola, TCRG of Dunleavy Irish Dance.

Instructor: Amy Coppola
Location: PCC
Dates: **Code: 435884-A** W., 9/11-12/18 (ex. 11/27) 4:30-5:30 PM (14 classes) Res \$253, Non-Res \$263

Irish Dance for Little Leprechauns

See Preschool Page 23

NEW!! Isshin-Ryu Karate All Ranks

See Adult page 50

Isshin-Ryu Karate - Beginner Through Orange Belt

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.

Instructor: Sensei Ann Peck
Location: PCC
Dates: **Code: 425808-A** W., 9/11-1/15 (ex. 11/27, 12/25, 1/1) 5:30-6:20 PM (16 classes) Res \$192, Non-Res \$202
Code: 425808-AA M., 9/9-1/13 5:00-5:45 PM (19 classes) Res \$228, Non-Res \$238

Isshin-Ryu Karate - Black Belts

Ages: 10 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.

Instructor: Sensei Ann Peck
Location: PCC
Dates: **Code: 425808-C** W., 9/11-1/15 (ex. 11/27, 12/25, 1/1) 6:30-8:00 PM (16 classes) Res \$192, Non-Res \$202

NEW!! Isshin-Ryu Karate for Teens and Adults

Ages: 13 years and over
This class is an introduction and continuation of fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere. It is designed for teens and adults who would like to learn karate, but who prefer to be in a class with adults rather than children.

Instructors: Sensei Wally Peck & Sensei Ann Peck
Location: PCC
Dates: **Code: 425808-TA** Tu., 9/17-1/7 (ex. 10/8, 11/12, 12/24, 12/31) 5:00-6:00 PM (13 classes) Res \$156, Non-Res \$166

NEW!! Isshin-Ryu Karate for Women

See Adult page 50

Isshin-Ryu Karate - Green Through Purple 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.

Instructor: Sensei Ann Peck
Location: PCC
Dates: **Code: 425808-B** W., 9/11-1/15 (ex. 11/27, 12/25, 1/1) 6:30-7:30 PM (16 classes) Res \$192, Non-Res \$202

Isshin-Ryu Karate - Intermediate Green Through Black Belts

Ages: 10 years and over
This is an intermediate class where, in addition to belt requirements for advancement, there will be an emphasis on improving sparring skills, advanced self-defense techniques and tournament training.

Instructors: Wally Peck, Ann Peck & FKA Instructors

Location: PCC

Dates: **Code: 425808-BB** M., 9/9-1/13 7:00-8:00 PM (19 classes)
Res \$228, Non-Res \$238

NEW!! Isshin-Ryu Karate Junior Beginners

See Preschool page 23

NEW!! Jeet Kune Do

See Adult page 50

NEW!! Junior Hip Hop

Ages: 6-9 years
This is a hip hop class for kids ages 6-9. They will work on fun hip hop combinations. Does your child have personality, is sassy and always moving? Then this is the class that covers all of that.

Instructor: Studio East Dance Instructor

Location: Studio East Dance Company, 370 Macedon Center Road

Dates: **Code: 426820-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30) 4:00-4:30 PM (15 classes) Res \$236, Non-Res \$246

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: 422875-A** Th., 9/19-10/17 3:55-4:40 PM (5 classes) Res \$115, Non-Res \$125
Code: 422875-B Th., 10/24-12/12 (ex. 11/14, 11/28, 12/5) 3:55-4:40 PM (5 classes) Res \$115, Non-Res \$125

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 a fun, challenging, and rewarding class that serves the needs of the recreational and aspiring competitive skater competitive skater and provides a strong foundation for hockey players. An additional \$20 fee must be paid to the instructor on the first class that goes to U.S. Figure Skating for insurance coverage. Skate rental is also available for the additional cost of \$24 for the 6-week session.

Instructor: Pamela Warren

Location: Village Sports, 2380 Baird Road

Dates: **Code: 435824-B** Sun., 9/29-10/3 1:30-2:20 PM (6 classes) Res \$150, Non-Res \$160 *10/27 is 4:00-4:50 PM
Code: 435824-BB Sun., 11/10-12/15 1:30-2:20 PM (6 classes) Res \$150, Non-Res \$160
Code: 435824-BBB Sun., 1/5-2/9 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160

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 renowned 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! Fee does not include Lil' Kickers uniform, available for purchase at TCSC for \$30.

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

Please note: Due to the early start date of all Lil' Kickers programs, registration for these sessions will begin on 8/12 (Res) and 8/19 (Non-Res).

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: 425323-A** W., 8/28-11/20 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425323-AA W., 8/28-11/20 6:00-6:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425323-B Th., 8/29-11/21 5:00-5:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425323-BB Th., 8/29-11/21 6:00-6:50 PM (13 classes) Res \$208, Non-Res \$218
Code: 425323-C Sat., 8/31-11/23 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218
Code: 425323-D Sun., 9/1-11/24 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218

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: 425325-A** Sat., 8/31-11/23 10:00-10:50 AM (13 classes) Res \$208, Non-Res \$218

Little Runners

Ages: 4-7 years
A version of Running Club that is perfect for you! Learn tips for running fast and improve coordination and agility with our weekly obstacle courses! Use sports drills, cones, hoops and more to explore and find your running superpower!

Instructor: Mary Slaughter

Location: PCC

Dates: **Code: 424869-A** Th., 9/26-10/24 4:15-4:45 PM (5 classes) Res \$69, Non-Res \$76
Code: 424869-B Th., 11/7-12/12 (ex. 11/28) 4:15-4:45 PM (5 classes) Res \$69, Non-Res \$76

NEW!! Preps 1 Ballet

Ages: 7-9 years
This class is focused on graceful, precise steps, strong core and posture, and will develop discipline and coordination. Barre work and center floor work will be taught along with terminology.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425929-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
5:30-6:00 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps 1 Hip Hop

Ages: 7-9 years
This hip hop class is an explosive, funky dance style that combines memory, coordination, rhythm, and loads of energetic fun.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425935-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
7:00-7:30 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps 1 Jazz

Ages: 7-9 years
Preps 1 is an introduction to jazz where students will experience a class that will focus on flexibility, isolations, basic jazz movement, and terminology to upbeat and age-appropriate music.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425934-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
6:30-7:00 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps 1 Tap

Ages: 7-9 years
This class will work on a series of tap skills in combinations. Timing and rhythm will be taught intensively at this age.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425933-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
6:00-6:30 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps 2 Ballet

Ages: 9-11 years
This class is focused on graceful, precise steps, strong core and posture, and will develop discipline and coordination. Barre work and center floor work will be taught along with terminology.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425936-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
5:30-6:00 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps 2 Hip Hop

Ages: 9-11 years
This Hip hop class is an explosive, funky dance style that combines memory, coordination, rhythm, and loads of energetic fun.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425939-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
7:00-7:30 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps 2 Jazz

Ages: 9-11 years
This class begins with a warm up and some stretching, to work on increasing flexibility. This class will work on leaps, turns, and stylized movement to upbeat music.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425938-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
6:30-7:00 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps 2 Tap

Ages: 9-11 years
This skill will work on a series of tap skills in combinations. Timing and rhythm will be taught intensively at this age.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425937-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
6:00-6:30 PM (15 classes) Res \$105, Non-Res \$115

NEW!! Preps Tumble

Ages: 7-11 years
This is a fun class that introduces students to basic tumbling fundamentals. This includes forwards and backwards rolls, bridges, cartwheels and variations, and more. Students will work on strength and body awareness, all while working on solid foundations of beginner skills in a safe and supportive way.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 424867-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
4:30-5:15 PM (15 classes) Res \$236, Non-Res \$246

NEW!! Pre-Teen Jazz/Hip Hop

Ages: 11-14 years
Dancers will continue learning jazz terminology, ranging from isolations, to a variety of jumps and turns. This class consists of a warm up, conditioning exercises in order to increase flexibility and strength, and choreography. Will perform a dance in the June recital.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425941-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
6:30-7:00 PM (15 classes) Res \$236, Non-Res \$246

NEW!! Pre-Teen Lyrical/Ballet

Ages: 11-14 years
Lyrical dance will be performed in the recital. This class focuses on control and the fluidity of movement. The main foundation for this style is in ballet and uses ballet technique and terminology. Dancers will develop musicality, advance their performance skills, and solidify their ballet and jazz technique.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425940-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
6:00-6:30 PM (15 classes) Res \$236, Non-Res \$246

NEW!! Pre-Teen Tap

Ages: 11-14 years
Students will build on technique that has been previously learned and will develop a deeper understanding for how skills stack together to make particular combinations and rhythms. Will perform a dance in the June recital.

Instructor: Studio East Dance Instructor
Location: Studio East Dance Company, 370 Macedon Center Road
Dates: **Code: 425942-A** M., 9/9-1/13 (ex. 10/14, 11/11, 12/23, 12/30)
7:00-7:30 PM (15 classes) Res \$105, Non-Res \$115

Running Club

Ages: 5-10 years
Fall is super fun in this popular class! This high energy group sets goals and meets them for time, distance and speed! Each session has different activities to keep everyone progressing their techniques for stride and power! Outdoors if weather permits. Empower your running game here!

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 424866-A** Th., 9/26-10/24 4:45-5:30 PM (5 classes) Res \$79, Non-Res \$87
Code: 424866-B Th., 11/7-12/12 (ex. 11/28) 4:45-5:30 PM (5 classes) Res \$79, Non-Res \$87

SAT/ACT Boot Camp

Ages: 15-18 years
Build a powerful foundation for SAT & ACT success in 6 action-packed hours!

Instructor: Michael Bergin, Chariot Learning
Location: PCC
Date: **Code: 435835-A** Sat., 10/19 9:00 AM-3:00 PM (1 class) Res \$199, Non-Res \$209

Safety First for Children and Basic First Aid for Children

Ages: 7-13 years
Learn the basics of staying home alone and first aid. Students will be equipped after learning skills such as Internet safety, house rules, phone and fire safety. First aid skills include use of PPE, breathing emergencies, stopping bleeding and much more. Certificate of completion and a mini first aid kit at completion.

Instructor: Ready to Respond, LLC
Location: PCC
Dates: **Code: 425234-A** Sat., 9/28 9:00 AM-12:00 PM (1 class) Res \$80, Non-Res \$88
Code: 425234-B Sat., 11/23 9:00 AM-12:00 PM (1 class) Res \$80, Non-Res \$88

Skateboarding Basics

Ages: 8-13 years
Learn the basics of skateboarding to get rolling with confidence with kids of a similar skill level.

Instructor: Aeden Lebron
Location: Perinton Skatepark, Perinton Park
Dates: **Code: 445908-A** Sun., 9/15-10/6 10:00-11:00 AM (4 classes) Res \$60, Non-Res \$66
Code: 445908-B Sun., 9/15-10/6 11:15 AM-12:15 PM (4 classes) Res \$60, Non-Res \$66
Code: 445908-C Sun., 9/15-10/6 12:30-1:30 PM (4 classes) Res \$60, Non-Res \$66



Slave Experience and Underground Railroad

See Adult page 51



Teen Activity Nights

Ages: 11-15 years
Location: PCC
Join us this fall for a variety of teen events. Teens will have the ability to socialize, make friends, party, and explore the city. Our youth team supervises all programs, so parents can have some free time on Friday nights. All participants will need to be picked up and dropped off at the locations listed. Food served in the program are not allergy, or diet restriction sensitive. All programs have a registration DEADLINE a week prior to the event. (ex. Splash Party 9/27, registration deadline 9/20), unless authorized by the Recreation Supervisor. Enroll early to avoid program cancellation! If your teen would like to see an event offered by the Community Center, please contact Michael Clark (Recreation Supervisor) mclark@perinton.org with your idea!

Splash Party

Ages: 11-13 years
Date: **Code: 436105-A** F., 9/27 7:00-9:00 PM (1 class) Res \$12, Non-Res \$13

3 vs. 3 Basketball

Ages: 11-15 years
Date: **Code: 436105-B** F., 10/18 7:00-9:00 PM (1 class) Res \$12, Non-Res \$13

Dodgeball Tournament

Ages: 12-15 years
Date: **Code: 436105-C** F., 11/1 7:00-9:00 PM (1 class) Res \$12, Non-Res \$13

Dinner and Movie

Ages: 12-15 years
Date: **Code: 436105-D** F., 11/22 6:00-9:00 PM (1 class) Res \$12, Non-Res \$13

Four Corner Soccer

Ages: 11-14 years
Date: **Code: 436105-E** F., 12/6 7:00-9:00 PM (1 class) Res \$12, Non-Res \$13

Mario Kart Party

Ages: 11-13 years
Date: **Code: 436105-F** F., 1/10 7:00-9:00 PM (1 class) Res \$12, Non-Res \$13



Theatre Games

Ages: 5-8 years
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.

Instructor: Edward Rocha
Location: PCC
Dates: **Code: 425232-I** M. & W., 9/9-9/25 5:15-6:15 PM Res \$100, Non-Res \$110

Western Riding for All Ages

See Adult page 52

Winter Day Camps

Ages: 5-14 years
These day camps will offer focused instruction in acting, singing, movement, and dance, all integrated within the rehearsal process centered on the camp's designated theme. These camps are tailored for children who have a passion for theater or a keen interest in exploring its dynamics. Parents of campers scheduled for the full day program are kindly requested to ensure that their children bring a packed lunch, a filled water bottle, and two daily snacks. Campers enrolled in the half-day program will only require a snack and a water bottle. Furthermore, it is advised that campers wear comfortable attire and footwear suitable for unrestricted movement during dance sessions.

Instructor: Edward Rocha

Disney Musicals Camp

Location: PCC
Dates: **Code: 425232-E** M.-F., 12/23-12/27 (ex. 12/25) 9:00 AM-3:30 PM (4 classes) Res \$200, Non-Res \$210
Code: 425232-EE M.-F., 12/23-12/27 (ex. 12/25) 8:30 AM-4:00 PM (4 classes) Res \$280, Non-Res \$290
Code: 425232-EEE M.-F., 12/23-12/27 (ex. 12/25) 9:00-11:30 AM (4 classes) Res \$100, Non-Res \$110
Performances at PCC, F., 12/27 at 3:30 PM

Hamilton Camp: The Greatest Showman

Location: PCC
Dates: **Code: 425232-F** M.-F., 12/30-1/3 (ex. 1/1) 9:00 AM-3:30 PM (4 classes) Res \$200, Non-Res \$210
Code: 425232-FF M.-F., 12/30-1/3 (ex. 1/1) 8:30 AM-4:00 PM (4 classes) Res \$280, Non-Res \$290
Code: 425232-FFF M.-F., 12/30-1/3 (ex. 1/1) 9:00-11:30 AM (4 classes) Res \$100, Non-Res \$110

Women's Self Defense – Taekwondo

See Adult page 52

NEW!! Youth Basketball

Grades: 3-6 (Co-ed)
This instructional basketball program is focused on fundamentals, skill development and building a love for the game! A limited number of kids may participate depending on the number of volunteer coaches. Registration will close on October 1, but there is a chance the program may be filled prior to this date, so register early. We will continue to accept registrations as space allows.

Coaches: Volunteer coaches are needed! Teams are coached by enthusiastic people who volunteer their time so kids can have a great experience enjoying the sport. No formal basketball experience is required. If you're interested in coaching, please fill out the form or email Joe Kincaid at jkincaid@perinton.org no later than September 16. We perform background checks on all youth sport coaches. A Mandatory Meeting will take place on Monday, October 28 at 6:00 PM.

Requests: Requests to be paired with another player or a specific coach will be reviewed on a case-by-case basis. The request must be noted on the registration form or under "Add Note or Info to Staff" before proceeding to check out 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 form) to help us create fair and balanced teams.

- Please share the general amount of basketball experience your child has – Beginner, Intermediate or Advanced. (Please note if they are a travel player as well).
- What school does your child attend?
- What size shirt does your child wear? Youth Small, Youth Medium, Youth Large, Youth XL, Adult Small, Adult Medium or Adult Large.

Dates: The season will begin the week of 11/4 and go until 1/18.
Day & Time: There will be one weeknight practice on either Monday or Wednesday, for one hour, starting at 6:00 or 7:00 PM. Games on Saturday mornings starting at 9:00 AM.

Location: Northside Gymnasium (Practice), PCC (Games)
Dates: **Grades 3 & 4**
Code: 435350-A M., 6:00-8:00 PM Res \$72, Non-Res \$79
Grades 5 & 6
Code: 435350-B W., 6:00-8:00 PM Res \$72, Non-Res \$79



YOUTH & TEEN



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: 425225-A M., 9/9-10/7 6:00-7:00 PM (5 classes) Res \$90, Non-Res \$99
9-12 years
Code: 425225-B Th., 9/12-10/10 6:00-7:00 PM (5 classes) Res \$90, Non-Res \$99

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 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
Date: **Code: 435891-A** M., 10/14 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 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
Date: **Code: 425908-A** M., 10/14 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.

Beginner Wood Turning

See Adult Arts & Crafts and Cooking page 53

NEW!! Crochet a Cute Axolotl

See Adult Arts & Crafts and Cooking page 53

NEW!! Crochet a Mini T-Rex

See Adult Arts & Crafts and Cooking page 53

NEW!! Cupcake Magic!

Ages: 8-14 years
Come learn how to roll out fondant, pipe icing, and decorate cupcakes like a pro! You'll enjoy decorating 4 cupcakes that you'll be proud to take home! We'll follow a different theme each class: Halloween, Christmas, & Winter Wonderland! Class will conclude with a snack of a tasty cupcake! Please bring a container to class.

Instructor: Ginny Schenker

Location: PCC

Dates:

Halloween

Code: 435881-A F., 10/4 6:00-7:45 PM (1 class) Res \$30, Non-Res \$33

Christmas

Code: 435881-B F., 12/13 6:00-7:45 PM (1 class) Res \$30, Non-Res \$33

Winter Wonderland

Code: 435881-C F., 1/17 6:00-7:45 PM (1 class) Res \$30, Non-Res \$33

Learn to Crochet

See Adult Arts & Crafts and Cooking page 53

NEW!! Needles at Noon: Knit a Cabled Irish Hiking Scarf

See Adult Arts & Crafts and Cooking page 53

Needles at Noon: Learn to Knit

See Adult Arts & Crafts and Cooking page 54

Project Help: Crochet or Knitting

See Adult Arts & Crafts and Cooking page 54

Winter Break Art & Cooking Camp!

Ages: 8-14 years
Join me for a 5-day camp! Meet a different artist daily and create a work of art in their style! We'll cook cool kid-friendly recipes: pizza cupcakes, French toast casserole, burritos, lasagna roll-ups & chili cornbread casseroles mostly made from scratch! Design a chef apron or canvas tote, cookbook & enjoy a daily light snack!

Instructor: Ginny Schenker

Location: PCC

Dates:

Code: 432872-A M.-F., 2/17-2/21 8:30 AM-1:00 PM (5 classes) Res \$220, Non-Res \$230

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

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

PERINTON AQUATIC CENTER RULES

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

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!

Register early to avoid program cancellation due to low enrollment.

HAPPY
Birthday

Splash parties are now available to be booked online!
REGISTRATION OPENS 8/12.

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.

AQUATICS CENTER CLOSURE FOR POOL RESURFACING!

**Anticipated Timeframe:
August 23-September 24**

We apologize for the inconvenience.

**For up-to-date information,
please visit Perinton.org**

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., 10/7-1/19 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.

Introduction to Artistic Swimming

Ages: 8-14 years
Come try a fun and unique Olympic sport that combines dance, gymnastics and swimming all in one. Swimmers will learn the basic skills of Artistic swimming (formally Synchronized swimming) which includes some underwater and upside-down skills. Swimmers must be able to swim 2 laps of front crawl and tread water for 1 minute.

Instructor: Elaine Morgillo

Location: PCC

Dates: **Code: 443910-A** W., 9/11-10/16 5:15-6:00 PM (6 classes) Res \$45, Non-Res \$50

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 course earns you a Try Scuba recognition card setting you on a path of endless diving adventures.

Instructors: RU4Scuba Staff

Location: PCC

Dates: **Code: 433210-A** M., 10/7 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50
Code: 433210-B M., 11/4 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50
Code: 433210-C M., 12/9 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50
Code: 433210-D M., 1/6 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50

Red Cross Lifeguard Certification

Ages: 15 years and over
Participants 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 while 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: 443388-A** Sat.-M., 11/9-11/11 9:00 AM-5:00 PM (3 classes) Res \$180, Non-Res \$190
Code: 443388-B Th.-Sat., 12/26-12/28 9:00 AM-5:00 PM (3 classes) Res \$180, Non-Res \$190

AQUATICS

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, enhance lap swimming, and increase fitness potential. Triathletes, competitive, and recreational swimmers are encouraged to try this out!

Instructor: Brandon Lee
Location: PCC

Dates:
Code: 443901-A Tu., 10/8-11/12 7:30-8:30 AM (5 classes) Res \$45, Non-Res \$50
Code: 443901-B Tu., 11/19-1/14 7:30-8:30 AM (9 classes) Res \$72, Non-Res \$79
Code: 443901-C Th., 10/10-11/14 8:30-9:30 AM (5 classes) Res \$45, Non-Res \$50
Code: 443901-D Th., 11/21-1/16 8:30-9:30 AM (9 classes) Res \$72, Non-Res \$79
Code: 443901-E Tu. & Th., 10/8-11/14 (Tu.) 7:30-8:30 AM & (Th.) 8:30-9:30 AM (10 classes) Res \$90, Non-Res \$99
Code: 443901-F Tu. & Th., 11/19-1/16 (Tu.) 7:30-8:30 AM & (Th.) 8:30-9:30 AM (18 classes) Res \$144, Non-Res \$154

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 6:30-7:30 AM and Tu./Th. 5:30-7:30 AM. Contact Laura at lsilins@perinton.org to begin your free 2 week trial.
Not available on WebTrac.

Private and Semi-Private Swimming Lessons

Ages: 2 1/2 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 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
• 6 classes - Res \$60, Non-Res \$66

SUNDAY

11/3-12/15 (ex. 12/1) (6 classes)

Res \$156, Non-Res \$166

413120-UA, UB or UC 9:00-9:30 AM
413120-UD, UE or UF 9:35-10:05 AM
413120-UG, UH or UI 10:10-10:40 AM
413120-UJ, UK or UL 10:45-11:15 AM
413120-UM, UN or UO 11:20-11:50 AM

MONDAY

11/4-12/16 (ex. 11/25) (6 classes)

Res \$156, Non-Res \$166

413120-MA, MB or MC 3:40-4:10 PM
413120-MD, ME or MF 4:15-4:45 PM
413120-MG, MH or MI 4:50-5:20 PM
413120-MJ, MK or ML 5:25-5:55 PM
413120-MM, MN or MO 6:00-6:30 PM



TUESDAY

11/5-12/17 (ex. 11/26) (6 classes)

Res \$156, Non-Res \$166

413120-TA 9:00-9:30 AM
413120-TB 9:35-10:05 AM
413120-TC 10:10-10:40 AM
413120-TD 10:45-11:15 AM
413120-TE or TF 3:40-4:10 PM
413120-TG or TH 4:15-4:45 PM
413120-TI or TJ 4:50-5:20 PM
413120-TK or TL 5:25-5:55 PM
413120-TM or TN 6:00-6:30 PM

WEDNESDAY

11/6-12/18 (ex. 11/27) (6 classes)

Res \$156, Non-Res \$166

413120-WA, WB or WC 3:40-4:10 PM
413120-WD, WE or WF 4:15-4:45 PM
413120-WG, WH or WI 4:50-5:20 PM
413120-WJ, WK or WL 5:25-5:55 PM
413120-WM, WN or WO 6:00-6:30 PM

THURSDAY

11/7-12/19 (ex. 11/28) (6 classes)

Res \$156, Non-Res \$166

413120-RA 9:00-9:30 AM
413120-RB 9:35-10:05 AM
413120-RC 10:10-10:40 AM
413120-RD 10:45-11:15 AM
413120-RE or RF 3:40-4:10 PM
413120-RG or RH 4:15-4:45 PM
413120-RI or RJ 4:50-5:20 PM
413120-RK or RL 5:25-5:55 PM
413120-RM or RN 6:00-6:30 PM

FRIDAY

11/8-12/20 (ex. 11/29) (6 classes)

Res \$156, Non-Res \$166

413120-FA, FB or FC 3:40-4:10 PM
413120-FD, FE or FG 4:15-4:45 PM
413120-FH, FI or FJ 4:50-5:20 PM
413120-FK, FL or FM 5:25-5:55 PM

SATURDAY

11/2-12/14 (ex. 11/30) (6 classes)

Res \$156, Non-Res \$166

413120-SA 8:25-8:55 AM
413120-SB 9:00-9:30 AM
413120-SC 9:35-10:05 AM
413120-SD or SE 10:10-10:40 AM
413120-SF or SG 10:45-11:15 AM
413120-SH 11:20-11:50 AM

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.

6 classes - Res \$54, Non-Res \$59

413110-TA Tu., 11/5-12/17 (ex. 11/26) 10:45-11:15 AM
413110-TB Tu., 11/5-12/17 (ex. 11/26) 6:00-6:30 PM
413110-WA W., 11/6-12/18 (ex. 11/27) 10:45-11:15 AM
413110-RA Th., 11/7-12/19 (ex. 11/28) 10:45-11:15 AM
413110-RB Th., 11/7-12/19 (ex. 11/28) 6:00-6:30 PM
413110-SA Sat., 11/2-12/14 (ex. 11/30) 8:25-8:55 AM
413110-SB Sat., 11/2-12/14 (ex. 11/30) 9:00-9:30 AM
413110-SC Sat., 11/2-12/14 (ex. 11/30) 9:35-10:05 AM
413110-SD Sat., 11/2-12/14 (ex. 11/30) 10:10-10:40 AM
413110-SE Sat., 11/2-12/14 (ex. 11/30) 10:45-11:15 AM
413110-UA Sun., 11/3-12/15 (ex. 12/1) 9:00-9:30 AM
413110-UB Sun., 11/3-12/15 (ex. 12/1) 10:10-10:40 AM
413110-UC Sun., 11/3-12/15 (ex. 12/1) 10:45-11:15 AM

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.

6 classes - Res \$63, Non-Res \$69

413119-TA Tu., 11/5-12/17 (ex. 11/26) 9:00-9:30 AM
413119-TB Tu., 11/5-12/17 (ex. 11/26) 9:35-10:05 AM
413119-TC Tu., 11/5-12/17 (ex. 11/26) 10:10-10:40 AM
413119-TD Tu., 11/5-12/17 (ex. 11/26) 1:00-1:30 PM
413119-TE Tu., 11/5-12/17 (ex. 11/26) 1:35-2:05 PM
413119-TF Tu., 11/5-12/17 (ex. 11/26) 2:10-2:40 PM
413119-TG Tu., 11/5-12/17 (ex. 11/26) 4:15-4:45 PM
413119-TH Tu., 11/5-12/17 (ex. 11/26) 4:50-5:20 PM
413119-TI Tu., 11/5-12/17 (ex. 11/26) 5:25-5:55 PM
413119-WA W., 11/6-12/18 (ex. 11/27) 9:00-9:30 AM
413119-WB W., 11/6-12/18 (ex. 11/27) 9:35-10:05 AM
413119-WD W., 11/6-12/18 (ex. 11/27) 10:10-10:40 AM
413119-RA Th., 11/7-12/19 (ex. 11/28) 9:00-9:30 AM
413119-RB Th., 11/7-12/19 (ex. 11/28) 9:35-10:05 AM
413119-RC Th., 11/7-12/19 (ex. 11/28) 10:10-10:40 AM
413119-RD Th., 11/7-12/19 (ex. 11/28) 1:00-1:30 PM
413119-RE Th., 11/7-12/19 (ex. 11/28) 1:35-2:05 PM
413119-RF Th., 11/7-12/19 (ex. 11/28) 2:10-2:40 PM
413119-RG Th., 11/7-12/19 (ex. 11/28) 4:15-4:45 PM
413119-RH Th., 11/7-12/19 (ex. 11/28) 4:50-5:20 PM
413119-RI Th., 11/7-12/19 (ex. 11/28) 5:25-5:55 PM
413119-SA Sat., 11/2-12/14 (ex. 11/30) 9:00-9:30 AM
413119-SB Sat., 11/2-12/14 (ex. 11/30) 9:35-10:05 AM
413119-SC Sat., 11/2-12/14 (ex. 11/30) 10:10-10:40 AM
413119-SD Sat., 11/2-12/14 (ex. 11/30) 10:45-11:15 AM
413119-SE Sat., 11/2-12/14 (ex. 11/30) 11:20-11:50 AM
413119-UA Sun., 11/3-12/15 (ex. 12/1) 9:35-10:05 AM
413119-UB Sun., 11/3-12/15 (ex. 12/1) 10:45-11:15 AM
413119-UC Sun., 11/3-12/15 (ex. 12/1) 11:20-11:50 AM

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.

6 classes - Res \$54, Non-Res \$59

423111-TA Tu., 11/5-12/17 (ex. 11/26) 4:15-4:45 PM
423111-TB Tu., 11/5-12/17 (ex. 11/26) 4:50-5:20 PM
423111-TC Tu., 11/5-12/17 (ex. 11/26) 5:25-5:55 PM
423111-RA Th., 11/7-12/19 (ex. 11/28) 4:15-4:45 PM
423111-RB Th., 11/7-12/19 (ex. 11/28) 4:50-5:20 PM
423111-RC Th., 11/7-12/19 (ex. 11/28) 5:25-5:55 PM
423111-UA Sun., 11/3-12/15 (ex. 12/1) 9:00-9:30 AM

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

6 classes - Res \$54, Non-Res \$59

423112-TA Tu., 11/5-12/17 (ex. 11/26) 4:15-4:45 PM
423112-TB Tu., 11/5-12/17 (ex. 11/26) 4:50-5:20 PM
423112-TC Tu., 11/5-12/17 (ex. 11/26) 5:25-5:55 PM
423112-RA Th., 11/7-12/19 (ex. 11/28) 4:15-4:45 PM
423112-RB Th., 11/7-12/19 (ex. 11/28) 4:50-5:20 PM
423112-RC Th., 11/7-12/19 (ex. 11/28) 5:25-5:55 PM
423112-SA Sat., 11/2-12/14 (ex. 11/30) 9:00-9:30 AM
423112-SB Sat., 11/2-12/14 (ex. 11/30) 9:35-10:05 AM
423112-SC Sat., 11/2-12/14 (ex. 11/30) 10:45-11:15 AM
423112-UA Sun., 11/3-12/15 (ex. 12/1) 9:35-10:05 AM



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

6 classes - Res \$54, Non-Res \$59

423113-TA Tu., 11/5-12/17 (ex. 11/26) 4:15-4:45 PM
423113-TB Tu., 11/5-12/17 (ex. 11/26) 6:00-6:30 PM
423113-RA Th., 11/7-12/19 (ex. 11/28) 4:15-4:45 PM
423113-RB Th., 11/7-12/19 (ex. 11/28) 6:00-6:30 PM
423113-SA Sat., 11/2-12/14 (ex. 11/30) 9:00-9:30 AM
423113-SB Sat., 11/2-12/14 (ex. 11/30) 10:10-10:40 AM
423113-UA Sun., 11/3-12/15 (ex. 12/1) 10:10-10:40 AM

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

6 classes - Res \$54, Non-Res \$59

423114-TA Tu., 11/5-12/17 (ex. 11/26) 4:15-4:45 PM
423114-TB Tu., 11/5-12/17 (ex. 11/26) 6:00-6:30 PM
423114-RA Th., 11/7-12/19 (ex. 11/28) 4:15-4:45 PM
423114-RB Th., 11/7-12/19 (ex. 11/28) 6:00-6:30 PM
423114-SA Sat., 11/2-12/14 (ex. 11/30) 9:00-9:30 AM
423114-SB Sat., 11/2-12/14 (ex. 11/30) 10:10-10:40 AM

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

6 classes - Res \$54, Non-Res \$59

423115-TA Tu., 11/5-12/17 (ex. 11/26) 4:50-5:20 PM
423115-RA Th., 11/7-12/19 (ex. 11/28) 4:50-5:20 PM
423115-SA Sat., 11/2-12/14 (ex. 11/30) 9:35-10:05 AM

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

6 classes - Res \$54, Non-Res \$59

423116-TA Tu., 11/5-12/17 (ex. 11/26) 4:50-5:20 PM
423116-RA Th., 11/7-12/19 (ex. 11/28) 4:50-5:20 PM
423116-SA Sat., 11/2-12/14 (ex. 11/30) 9:35-10:05 AM

**Register Online Using Our WebTrac
 System - See Page 19
<https://webtrac.perinton.org>**

Register early to avoid program cancellation due to low enrollment.

MONDAY

Total Body Aqua Size

Ages: 18 years and over
Work your arms, legs, abs and back using the resistance of the 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: 443810-A** M., 9/30-1/13 9:00-10:00 AM (16 classes) Res \$128, Non-Res \$138

Aqua Volley Beach Ball

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: 443818-A** M., 9/30-1/13 10:05-10:50 AM (16 classes) Res \$128, Non-Res \$138

Aqua Fit

Ages: 13 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: 443831-A** M., 9/30-1/13 (ex. 10/14, 11/11, 11/25, 12/23, 12/30) 6:00-6:45 PM (11 classes) Res \$88, Non-Res \$97

TUESDAY

Aqua Fit

Ages: 13 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: 443831-B** Tu., 10/1-1/14 (ex. 11/26, 12/24, 12/31) 8:35-9:20 AM (13 classes) Res \$104, Non-Res \$114

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: 443832-B** Tu., 10/1-1/14 (ex. 11/26, 12/24, 12/31) 9:30-10:15 AM (13 classes) Res \$104, Non-Res \$114

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: 443837-A** Tu., 10/1-1/14 (ex. 11/26, 12/24, 12/31) 10:30-11:15 AM (13 classes) Res \$104, Non-Res \$114

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: 443817-A** W., 10/2-1/15 (ex. 12/25, 1/1) 9:00-10:00 AM (14 classes) Res \$112, Non-Res \$122

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: 443870-A** W., 10/2-1/15 (ex. 12/25, 1/1) 10:00-11:00 AM (14 classes) Res \$112, Non-Res \$122

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: 443832-C** W., 10/2-1/15 (ex. 11/27, 12/25, 1/1) 5:30-6:15 PM (13 classes) Res \$104, Non-Res \$114

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: 443838-B** W., 10/2-1/15 (ex. 11/27, 12/25, 1/1) 6:15-6:45 PM (13 classes) Res \$104, Non-Res \$114

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! From 10:15-10:30 AM, we will concentrate on upper body exercises using various equipment.

Instructor: Marsha Young
Location: PCC
Dates: **Code: 443871-A** Th., 10/3-1/16 (ex. 11/28, 12/26, 1/2) 9:30-10:15 AM (13 classes) Res \$104, Non-Res \$114

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: 443837-B** Th., 10/3-1/16 (ex. 11/28, 12/26, 1/2) 10:30-11:15 AM (13 classes) Res \$104, Non-Res \$114

AQUATIC FITNESS



FRIDAY

Total Body Aqua Size

Ages: 18 years and over
Work your arms, legs, abs and back using the resistance of the 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: 443810-B** F., 10/4-1/17 (ex. 11/29) 9:00-10:00 AM (15 classes) Res \$120, Non-Res \$130

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: 443870-B** F., 10/4-1/17 (ex. 11/29) 10:00-11:00 AM (15 classes) Res \$120, Non-Res \$130

Sha-Deep

Ages: 18 years and over
This 45-minute class will begin with a brief warm up followed by high-intensity intervals to give you a challenging workout! Shallow or deep - it's your choice!

Instructor: Marcie Bartolotta

Location: PCC

Dates: **Code: 443806-A** F., 10/4-1/10 (ex. 11/29, 12/27, 2 TBD) 12:15-1:00 PM (11 classes) Res \$88, Non-Res \$97

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: 443832-A** Sun., 10/6-1/19 (ex. 12/29) 9:15-10:00 AM (15 classes) Res \$120, Non-Res \$130

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: 443838-A** Sun., 10/6-1/19 (ex. 12/29) 10:00-10:30 AM (15 classes) Res \$120, Non-Res \$130



Register Online Using

Our WebTrac System

See Page 19

<https://webtrac.perinton.org>

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: 441866-B** M., 9/9-1/13 (ex. 10/7, 11/11, 2 TBA) 6:15-7:15 PM (15 classes) Res \$120, Non-Res \$130

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: 441810-E** Tu., 9/10-1/14 (ex. 10/29, 11/26, 12/24, 12/31, TBA) 6:00-7:00 PM (14 classes) Res \$112, Non-Res \$122

Zumba Combo

Ages: 14 years and over
Sign up for both Zumba classes together and save money.
Instructor: Frankie Engelbert
Location: PCC
Dates: **Code: 441810-EA** Tu. & Th., 9/10-1/16 (ex. 10/29, 10/31, 11/7, 11/26, 11/28, 12/24, 12/26, 12/31, 1/2, 2 TBA)

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: 441885-A** W., 9/11-1/15 (ex. 11/27, 12/25, 1/1) 5:30-6:30 PM (16 classes) Res \$128, Non-Res \$138

Wednesday Night Yoga

Ages: 18 years and over
Practicing yoga improves flexibility, core strength and balance. Moving with the breath and proper alignment will be taught. Modifications will be offered. Previous yoga experience is suggested. Participants must bring their own yoga mat.
Instructor: Lorra Ferrar
Location: PCC
Dates: **Code: 441803-A** W., 9/11-10/9 5:30-6:45 PM (5 classes) Res \$40, Non-Res \$44
Code: 441803-B W., 12/4-12/18 5:30-6:45 PM (3 classes) Res \$24, Non-Res \$26

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: 441856-A** Th., 9/12-1/16 (ex. 10/31, 11/28, 12/26, 1/2, 2 TBA) 4:30-5:20 PM (13 classes) Res \$104, Non-Res \$114

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 repetitions of weights and strength training.
Instructor: Jillian Heinold
Location: PCC
Dates: **Code: 441815-A** Th., 9/12-1/16 (ex. 10/31, 11/28, 12/26, 1/2, 2 TBA) 5:30-6:30 PM (13 classes) Res \$104, Non-Res \$114

Zumba Toning

Ages: 14 years and over
This class uses the international rhythms and steps of 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: 441810-A** Th., 9/12-1/16 (ex. 10/31, 11/7, 11/28, 12/26, 1/2, TBA) 6:00-7:00 PM (13 classes) Res \$104, Non-Res \$114

Zumba Combo

Ages: 14 years and over
Sign up for both Zumba classes together and save money.
Instructor: Frankie Engelbert
Location: PCC
Dates: **Code: 441810-EA** Tu. & Th., 9/10-1/16 (ex. 10/29, 10/31, 11/7, 11/26, 11/28, 12/24, 12/26, 12/31, 1/2, 2 TBA)

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: 441866-A** Sat., 9/21-1/18 (ex. 10/5, 2 TBA) 7:45-8:45 AM (15 classes) Res \$120, Non-Res \$130

Morning Hatha Flow Yoga

Ages: 18 years and over
Start the day with a clear mind, feeling alive and ready to bring the best of yourself into the day. This class is slower paced so we can explore and enjoy the poses, develop correct alignment and move with breath. A minimum of 6 months' consistent practice is suggested.
Instructor: Cathy Ames
Location: PCC
Dates: **Code: 441841-A** Sat., 9/14-11/16 (ex. TBA) 8:00-9:15 AM (9 classes) Res \$72, Non-Res \$79

SUNDAY

Power Flow Yoga

Ages: 16 years and over
Power flow yoga will consist of a vinyasa practice with yoga poses linked together by breath and movement.
Instructor: Grace M. Carducci
Location: PCC
Dates: **Code: 441805-A** Sun., 9/8-9/29 9:00-9:45 AM (4 classes) Res \$32, Non-Res \$35

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

ADULT PROGRAMS

Register early to avoid program cancellation due to low enrollment.

Becoming a Notary Public

Ages: 18 years and over
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: Pittsford Community Center, Hilton Middle School & Virtual
Dates: **Pittsford Community Center**
Code: 445910-A Sat., 10/19 9:00 AM-3:00 PM (1 class) Res \$65, Non-Res \$72
Hilton Middle School
Code: 445910-B M., 10/21-10/28 5:30-8:30 PM (2 classes) Res \$65, Non-Res \$72
Virtual
Code: 445910-C M., 12/2-12/9 5:30-8:30 PM (2 classes) Res \$65, Non-Res \$72
Code: 445910-D Sat., 12/7 9:00 AM-3:00 PM (1 class) Res \$65, Non-Res \$72

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.

Instructor: Alyssa Ziolk
Location: PCC
Dates: **Code: 442809-A** W., 9/11-10/2 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88
Code: 442809-B W., 10/9-10/30 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88
Code: 442809-C W., 11/6-12/4 (ex. 11/27) 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88

Boatsafe NY –

Boating Safety Certificate Course

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 10 years old to participate. IMPORTANT: You must register with NYS Parks at 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 for their certificate.

Instructor: Kenneth G. Rainis
Location: PCC
Dates: **10-17 years/Veterans**
Code: 475841-A Sat., 10/12 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28
Code: 475841-B Sat., 11/9 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28
18 years and over
Code: 475841-AA Sat., 10/12 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55
Code: 475841-BB Sat., 11/9 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55

DANCE PROGRAMS

Ballroom Dancing

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

East Coast Swing

Beginner Level. Come and get "In the Mood" for dancing with MoDancing LLC! This class is designed for people who have never done partner dancing before or for anyone who wants to brush up some old moves and add some new figures to your bag of tricks. Saddle shoes and bobby socks are optional.

Dates: **Code: 446867-A** M., 9/9-10/7 6:30-7:30 PM (5 classes) Res \$50, Non-Res \$55

Tango

Intermediate Level. Dancers should have the basic entry level steps of American Style Tango before signing up for this class. Our goal for this class is to combine certain elements and develop a short routine—looking really sharp, of course!

Dates: **Code: 446867-B** M., 9/9-10/7 7:30-8:30 PM (5 classes) Res \$50, Non-Res \$55

Foxtrot

Beginner Level. This dance never goes out of style. There's nothing quite like the feeling of gliding across the dance floor two as one. There are so many fun and flirty songs where you will be able to use this material.

Dates: **Code: 446867-C** M., 10/21-11/18 6:30-7:30 PM (5 classes) Res \$50, Non-Res \$55

Cha Cha

Intermediate Level. Dancers should have mastered the basic entry level steps in Cha Cha before signing up for this class. Did you know there are rhythm changes in Cha Cha? Yup, we are going to master them and then you'll be the cool cats on the dance floor.

Dates: **Code: 446867-D** M., 10/21-11/18 7:30-8:30 PM (5 classes) Res \$50, Non-Res \$55

West Coast Swing

Beginner Level. This dance is ideally suited to today's popular music. It's so versatile that you can dance it to old time swing tunes, R&B, country, lyrical or pop genres.

Dates: **Code: 446867-E** M., 11/25-12/23 6:30-7:30 PM (5 classes) Res \$50, Non-Res \$55

Foxtrot

Intermediate Level. Dancers should have mastered basic entry level steps in American Style Foxtrot before signing up for this dance. The Foxtrot is a smooth progressive dance characterized by long flowing movements across the floor. Now that you've mastered going forward and backwards, let's try some shadow movements. They are so showy!

Dates: **Code: 446867-F** M., 11/25-12/23 7:30-8:30 PM (5 classes) Res \$50, Non-Res \$55

Combo

As long as you are out, why not take both classes? You will have twice the fun and burn twice the number of calories and there is a discount for signing up for both classes.

Dates: **Code: 446867-AB** M., 9/9-10/7 6:30-8:30 PM (5 classes) Res \$90, Non-Res \$99
Code: 446867-CD M., 10/21-11/18 6:30-8:30 PM (5 classes) Res \$90, Non-Res \$99
Code: 446867-EF M., 11/25-12/23 6:30-8:30 PM (5 classes) Res \$90, Non-Res \$99

DANCE PROGRAMS

Belly Dance

Ages: 18 years and over
Join us and get in on the fun! Belly Dance will have you moving like you never thought you could. While learning this beautiful dance form, you will strengthen and tone your core, improve your balance, posture and coordination, and just feel good moving! Class is open level for beginners and more experienced dancers.

Instructor: Deborah Robinson
Location: PCC
Dates: **Code: 446100-A** W., 9/25-12/4 (ex. 11/27) 7:00-8:00 PM (10 classes) Res \$100, Non-Res \$110

Folklore Latino

Ages: 10 years and over
Folkloric Latin dance moves in the Carnival a exploring different dance styles like cumbia, merengue, comparsas and movements with South American and Caribbean influences.

Instructor: Evelyn D'Agostino
Location: PCC
Dates: **Code: 416800-A** Sun., 9/15-12/8 (ex. 10/6, 11/10, 11/24) 3:00-4:00 PM (10 classes) No charge

Line Dance

Ages: 16 years and over
Hey, let's dance!! Line Dance, that is! Come and join in for some fun and current Line Dancing.....it's not what you think! We dance to ALL types of music...country, contemporary, oldies, pop and more!! No partner required and a great way to get some good exercise. Come alone or bring a friend and join us for a fun Saturday morning! You can't go wrong with upbeat music, happy energy and fun dancing...count on it! Three levels to choose from.

Instructor: Terri Anderson
Location: PCC
Dates: **Intermediate:** Previous intermediate line dance experience required – come have fun learning more challenging dances along with some technique tips to help make your dance steps easier to execute and more fun to do!
Code: 446819-A Sat., 9/28-12/14 (ex. 10/26, 11/30) 9:30-10:30 AM (10 classes) Res \$75, Non-Res \$83
Beginner/Improver: Previous experience and/or sessions of beginner class required – a continuation dancing the basics with confidence while learning some more challenging steps at this next level!
Code: 446819-B Sat., 9/28-12/14 (ex. 10/26, 11/30) 10:30-11:15 AM (10 classes) Res \$75, Non-Res \$83
Basic Beginner: No experience needed! A great starter class to learn and stay a while as you master "the basics" from scratch – in a fun and encouraging setting!
Code: 446819-C Sat., 9/28-12/14 (ex. 10/26, 11/30) 11:15 AM-12:00 PM (10 classes) Res \$75, Non-Res \$83

Seated Ballet

Ages: 18 years and over
In this gentle class, all movements are done while seated in a chair so you have the safety and support to get your body moving without the risk of a stumble or fall. It is a very low-impact way to improve your cardio compared to traditional forms of cardio that put a lot of stress on your joints.

Instructor: M.C. Classical Productions
Location: PCC
Dates: **Code: 446870-A** Sat., 9/14-10/19 9:00-9:45 AM (6 classes) Res \$60, Non-Res \$66
Code: 446870-B Sat., 10/26-11/23 9:00-9:45 AM (5 classes) Res \$50, Non-Res \$55

Register early to avoid program cancellation due to low enrollment.



DOG OBEDIENCE

Basic Manners Dog Training

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 adults alike. Must be 8 weeks or older at the start of class and up-to-date on vaccines.

Instructor: Greg Fiete
Location: PCC
Dates: **Code: 445849-A** Tu., 10/29-12/3 (ex. 11/26) 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190

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 are 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: 445892-A** Tu., 10/8-11/12 7:00-8:00 PM (6 classes) Res \$115, Non-Res \$125

Electronic Notary Training Class

Ages: 18 years and over*
*Must be a current traditional Notary.
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: Virtual
Date: **Code: 445944-A** M., 11/4 5:30-8:45 PM (1 class) Res \$43, Non-Res \$47

ADULT PROGRAMS

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: 445911-A** Th., 9/26 1:00-2:30 PM (1 class) No charge
Code: 445911-B Th., 10/24 1:00-2:30 PM (1 class) No charge
Code: 445911-C Th., 11/21 1:00-2:30 PM (1 class) No charge
Code: 445911-D Th., 12/19 1:00-2:30 PM (1 class) 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.

Instructor: Michael Cudlipp

Location: PCC

Date: **Code: 445931-A** Sat., 9/28 10:00 AM-12:00 PM (1 class) No charge

Interactive Financial Plan

Ages: 50 years and over
If you're new to the process of comprehensive financial planning, you might wonder what a financial plan looks like. Join Alex Neri CFP, RICP as he walks through an example financial plan. The made up example client will be able to see how much money they can afford to spend each year in retirement and learn how to be more efficient from a tax and investment perspective.

Instructor: Alex Neri

Location: PCC

Date: **Code: 445900-A** W., 10/23 6:00-7:30 PM (1 class) No charge

Life After Work: Retirement Distribution Planning

Ages: 55 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 & sustain your retirement income over the next 30 years.

Instructor: Tomas Aponte

Location: PCC

Date: **Code: 445902-C** Tu., 12/17 5:00-7:00 PM (1 class) No charge

Managing Healthcare Expenses in Retirement

Ages: 55 years and over
Now is the time to start planning for healthcare expenses in retirement. Find out what you need to do to obtain the coverage you need and protect against rising costs; How Medicare enrollment periods work; Why you must prepare for higher healthcare costs in retirement - including the possibility of needing long-term care.

Instructor: Tomas Aponte

Location: PCC

Date: **Code: 445902-A** Tu., 9/17 5:00-7:00 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: 445928-A** Tu., 9/10 6:00-7:30 PM (1 class) No charge
Code: 445928-B Tu., 10/8 6:00-7:30 PM (1 class) No charge
Code: 445928-C Tu., 11/12 6:00-7:30 PM (1 class) No charge
Code: 445928-D Tu., 12/3 6:00-7:30 PM (1 class) No charge

Savvy Social Security Planning: How to Maximize Retirement Income

Ages: 55 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

Location: PCC

Date: **Code: 445902-B** Tu., 10/15 5:00-7:00 PM (1 class) No charge

Savvy Tax Planning: How Taxes Change Through Retirement

Ages: 55 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

Location: PCC

Date: **Code: 445902-D** Tu., 11/19 5:00-7:00 PM (1 class) No charge

NEW!! Tax Planning for Retirement

Ages: 50 years and over
Back by popular demand, please join Alex Neri, CFP, ChFC, RICP and host of the Roadmap to Retirement Podcast for some tax planning fun! When people prepare for their retirement, proper tax planning is often overlooked and can lead to some very expensive mistakes. Join Alex as he discusses common pitfalls that you should be on the lookout for.

Instructor: Alex Neri

Location: PCC

Dates: **Code: 445907-A** W., 9/18 6:00-7:30 PM (1 class) No charge
Code: 445907-B W., 11/13 6:00-7:30 PM (1 class) No charge

**Register Online Using
Our WebTrac System - See Page 19
<https://webtrac.perinton.org>**

NEW!! Garden Worthy Native Plants

Ages: 18 years and over
Megan Meyer of Healthy Yards Monroe County will share a photo presentation and talk on her favorite native plants and the pollinators that use them as host plants. She'll share easy ways to prepare a garden site for planting in spring, design ideas, the best local native plant nurseries and mail order sites.

Instructor: Megan Meyer
Location: PCC
Date: **Code: 445155-A** W., 9/18 6:30-8:30 PM (1 class) No charge

NEW!! Ground Truth

Ages: 16 years and over
Dan Caster is a retired CIA officer and Military Veteran providing a presentation of current world events and their potential impact on US National Security. Mr. Caster provides an insider's view of many of today's biggest challenges after almost 12 years serving overseas in over 25 countries. This is a non-political event and promotes active dialogue with all participants.

Instructor: Dan Caster
Location: PCC
Date: **Code: 448110-A** Th., 10/17 5:30-8:00 PM (1 class) Res \$5, Non-Res \$6

NEW!! Healthy Soil, Healthy Gardens: The Amazing Partnership Between Plants and Living Soil

Ages: 18 years and over
A growing understanding of how soils, organisms, and plants interact is enabling sustainable changes in farming and gardening practices that lead to healthier plants, with soils naturally high in nutrients. Learn effective gardening and lawn care practices to keep your soil healthy, supporting the growth of your plants, trees and lawns. For soils that have been damaged, learn about steps that you can take to support soil regeneration.

Instructor: Laura Weller-Brophy
Location: PCC
Date: **Code: 445156-A** Sat., 9/14 1:00-3:30 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: 448103-A** Tu., 10/15 7:00-8:15 PM (1 class) Res \$10, Non-Res \$11

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: 448103-B** Tu., 10/22 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 techniques. The discipline of training is intended to cultivate a practitioner's spirit as well as physical and mental concentration. It's a journey of self-discovery.

Instructors: J. Jordan & D. Stolka
Location: PCC
Dates: **Code: 445821-A** Th., 9/12-11/16 (ex. 11/28) 7:00-8:00 PM (18 classes) Res \$180, Non-Res \$190

Introduction to Book Publishing

Ages: 18 years and over
In this interactive workshop, 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
Date: **Code: 446810-A** Th., 10/3 6:00-7:00 PM (1 class) Res \$20, Non-Res \$22

Introduction to Rowing

Ages: 18 years and over
Class will be held at the Pittsford Indoor Rowing Club (PIRC), 2800 Clover Street, Pittsford, NY. Please wear sneakers and comfortable, snug fitting clothing and don't forget your water bottle. Please contact row@rochesterboatclub.org with any questions.

Instructors: Rochester Boat Club
Location: Pittsford Indoor Rowing Club, 2800 Clover Street, Pittsford
Date: **Code: 445840-A** Sun., 11/10 1:00-3:00 PM (1 class) Res \$5, Non-Res \$6

NEW!! Intro to Flyfishing

Ages: 10 years and over
This course is an introduction to flyfishing that will include an equipment overview, setting-up fishing line and leaders, flies and baits, basic casting techniques, and water awareness.

Instructor: Ed Erbland
Location: Irondequoit Creek (Spring Lake or Legion Eyer Park)
Dates: **Code: 425318-A** M., 11/11 9:00 AM-1:00 PM (1 class) Res \$25, Non-Res \$28

iPhone Camera & Photos Apps – All the Secrets Revealed

Ages: 16 years and over
Improve your iPhone photography! There's way more to the camera and photos app 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. Everything we cover will be in a booklet to take with you for later reference. Update iOS to latest version before class (iPhone XS and newer models ONLY).

Instructor: Thom Bell
Location: PCC
Dates: **Code: 445917-A** W. & Th., 9/11-9/12 6:00-8:30 PM (2 classes) Res \$25, Non-Res \$28
Code: 445917-B Tu. & W., 9/24-9/25 6:00-8:30 PM (2 classes) Res \$25, Non-Res \$28
Code: 445917-C M. & Tu., 12/9-12/10 6:00-8:30 PM (2 classes) Res \$25, Non-Res \$28

ADULT PROGRAMS

NEW!! Isshin-Ryu Karate All Ranks

Ages: 16 years and over
The class is for beginners and all ranks. It is an opportunity to train during a lunch hour break or for those who cannot make an evening class. Introduction and continuation of fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere.

Instructors: Fairport Karate Academy Instructors
Location: PCC
Dates: **Code: 425808-R** W., 9/11-1/15 (ex. 11/27, 12/25, 1/1) 12:00-1:00 PM (16 classes) Res \$192, Non-Res \$202

NEW!! Isshin-Ryu Karate for Teens and Adults

Ages: 13 years and over
This class is an introduction and continuation of fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere. It is designed for teens and adults who would like to learn karate, but who prefer to be in a class with adults rather than children.

Instructors: Sensei Wally Peck & Sensei Ann Peck
Location: PCC
Dates: **Code: 425808-TA** Tu., 9/17-1/7 (ex. 10/8, 11/12, 12/24, 12/31) 5:00-6:00 PM (13 classes) Res \$156, Non-Res \$166

NEW!! Isshin-Ryu Karate for Women

Ages: 13 years and over
This class is intended specifically for women who would like to learn fundamental karate techniques and self-defense skills to build confidence, to promote a feeling of safety and physical fitness. All ages and fitness levels and ranks are welcome.

Instructor: Sensei Ann Peck
Location: PCC
Dates: **Code: 425808-W** Tu., 9/17-1/7 (ex. 10/8, 11/12, 12/24, 12/31) 6:00-7:00 PM (13 classes) Res \$156, Non-Res \$166

Isshin-Ryu Karate – Beginner Through Orange Belt

See Youth & Teen page 32

Isshin-Ryu Karate – Black Belts

See Youth & Teen page 32

Isshin-Ryu Karate – Green Through Purple Belts

See Youth & Teen page 32

Isshin-Ryu Karate – Intermediate Green Through Black Belts

See Youth & Teen page 33

NEW!! Jeet Kune Do

Ages: 13 years and over
JKD Kung Fu is a blended martial arts system. The system is well rounded and includes all ranges of attacks. Emphasis is on footwork, agility, economy of motion, counterability and practical self-defense. Students will learn various principles and techniques as they advance through the program.

Instructors: Collamer Jones & FKA Instructors
Location: PCC
Dates: **Code: 445921-A** Tu., 9/17-1/7 (ex. 10/8, 11/12, 12/24, 12/31) 7:00-8:00 PM (13 classes) Res \$156, Non-Res \$166



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: 445805-A** M., 9/9-1/13 6:00-7:00 PM (19 classes) Res \$228, Non-Res \$238

Learn Spanish: Enhance Your Brain

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 basic conversation.

Instructor: Lourdes de la Colina-Scolfield
Location: PCC
Dates: **Basics I**

Code: 432878-A Th., 9/19-10/17 10:00-10:55 AM (5 classes) Res \$130, Non-Res \$140

Code: 432878-D Th., 10/24-12/5 (ex. 11/14, 11/28) 10:00-10:55 AM (5 classes) Res \$130, Non-Res \$140

Basics II

Code: 432878-B Th., 9/19-10/17 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145

Code: 432878-E Th., 10/24-12/5 (ex. 11/14, 11/28) 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145

Basics III

Code: 432878-C Th., 9/19-10/17 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145

Code: 432878-F Th., 10/24-12/5 (ex. 11/14, 11/28) 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145

Mindful Gratitude

Ages: 18 years and over
Mindful Gratitude has the power to change our perceptions, attitudes, thoughts and feelings in ways to create more room for connection, balance and joy to our lives and the lives around us. Laura Gavigan, owner of Mindful Matters, will lead a four-week Mindful Gratitude series. Participants will learn about mindfulness practices integrating seasonal and holiday themes/practices.

Instructor: Laura Gavigan
Location: PCC
Dates: **Code: 435887-A** Tu., 11/5-11/26 3:00-4:00 PM (4 classes) Res \$75, Non-Res \$83

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 Danaher
Location: PCC

Dates: **Code: 445302-A** Sat., 9/14-10/5 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53
Code: 445302-B Sat., 9/14-10/5 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53
Code: 445302-C Sat., 10/12-11/2 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53
Code: 445302-D Sat., 10/12-11/2 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53
Code: 445302-E Sat., 11/9-12/7 (ex. 11/30) 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53
Code: 445302-F Sat., 11/9-12/7 (ex. 11/30) 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53
Code: 445302-G Sat., 12/14-1/18 (ex. 12/28, 1/4) 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53
Code: 445302-H Sat., 12/14-1/18 (ex. 12/28, 1/4) 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53

NEW!! Promoting Child Development Through Play!

Ages: 18+ years
Join us for an informative and engaging discussion on how you can support your child's growth and developmental journey through play. Topics will include sensory processing, core strength, primitive reflexes, social emotional learning, and language development.

Instructors: Mary Bridget Barniskis & Coleen Riccione
Location: PCC

Dates: **Code: 415844-G** M., 10/21 6:00-6:45 PM (1 class) Res \$20, Non-Res \$22

Slave Experience and Underground Railroad

Ages: 15 years and over
Follow the slaver's ship from W.Africa to the Americas across the Middle Passage; witness sale on the auction block in the South; view life on the plantation; escape and life on the run; meet the many heroes on the Underground Railroad's routes to freedom.

Instructor: Jerry Bennett
Location: PCC

Date: **Code: 445260-A** W., 10/23 6:30-8:30 PM (1 class) Res \$5, Non-Res \$6

Small Group Training

Ages: 55 years and over
Personal training but with a few other people! Exercises tailored specifically towards your needs and goals by a trainer specializing in ages 55+. Personalized attention, modifications, progressions and safety for improving 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: 442801-A** Tu., 9/10-10/8 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160
Code: 442801-B Tu., 10/15-11/12 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160
Code: 442801-C Th., 9/12-10/10 (ex. 9/26) 1:00-1:50 PM (4 classes) Res \$120, Non-Res \$130
Code: 442801-D Th., 10/17-11/7 1:00-1:50 PM (4 classes) Res \$120, Non-Res \$130

TAEKWONDO

Advanced Taekwondo – Blue Belt Up

Ages: 8 years and over
Advancing in Taekwondo, students that are blue belt and above enhance skill for earning black belt and beyond. Martial arts skills include self-defense, forms, sparring and technical training. Facebook "Rochester Taekwondo Club."

Instructors: Rochester Taekwondo Club
Location: PCC

Dates: **Code: 445847-D** Sat. & Th., 9/12-1/18 (ex. 10/26, 10/31, 11/23, 11/28, 12/26, 12/28, 1/2, 1/4) Sat. - 10:15-10:55 AM, Th. - 6:40-7:40 PM (30 classes) Res \$112, Non-Res \$122

Family Taekwondo

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

Instructors: Rochester Taekwondo Club
Location: PCC

Dates: **Code: 445847-A** Th. & Sat., 9/12-1/18 (ex. 10/26, 10/31, 11/23, 11/28, 12/26, 12/28, 1/2, 1/4) Th. - 6:30-7:30 PM, Sat. - 9:15-10:15 AM (30 classes) Res \$112, Non-Res \$122

Tai Chi (Yang Style)

Ages: 18 years
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: 445855-A** Sat., 9/14-11/16 9:00-10:30 AM (10 classes) Res \$80, Non-Res \$88
Code: 445855-B Sat., 11/23-1/18 9:00-10:30 AM (9 classes) Res \$72, Non-Res \$79

Teen/Adult 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 to start a new adventure in figure skating or hockey. The program promotes physical fitness and improved balance and coordination while learning proper skating techniques on the ice.

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

Dates: **Code: 435824-C** Sun., 9/29-11/3 1:30-2:20 PM (6 classes) Res \$150, Non-Res \$160 *10/27 is 4:00-4:50 PM
Code: 435824-CC Sun., 11/10-12/15 1:30-2:20 PM (6 classes) Res \$150, Non-Res \$160
Code: 435824-CCC Sun., 1/5-2/9 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160

The Power of Journaling

Ages: 16 years and over
Learn techniques for focused journaling without the pressure to share your writing. The exercises will help you overcome blocks to success and healing as well as help you uncover goals and inner wisdom. The instructor has used journaling in her college classes and personally for years with great results.

Instructor: Therese Kravetz
Location: PCC

Dates: **Code: 446811-A** Tu., 9/24-10/29 4:00-5:00 PM (6 classes) Res \$88, Non-Res \$97

ADULT PROGRAMS

NEW!! Total Body Barre

Ages: 12 years and over
Barre is a low-impact exercise program inspired by ballet. It works your postural muscles as well as stability muscles which improves posture and prevents injury.

Instructor: Emily Stickles
Location: PCC
Dates: **Code: 441823-A** Tu., 9/10-1/14 (ex. 12/24, 12/31) 5:00-5:45 PM (17 classes) Res \$170, Non-Res \$180

Travelers Spanish: Parts I & 2

Ages: 18 years and over
Learn a new language, like Spanish, when you are traveling to a Spanish-speaking place so that you can interact better. Spanish also gives you access to more cultures, people and resources. If you are a traveler or a complete beginner or have learned some very basic Spanish before, this class is for you! You will learn new vocabulary along with basic Spanish you could need when traveling. And, of course, for life's little emergencies!

Instructor: Lourdes de la Colina-Scolfield

Location: PCC

Dates: **Part I**

Code: 432880-A Tu., 9/17-10/15 11:15 AM-12:10 PM (5 classes) Res \$130, Non-Res \$140

Code: 432880-C Tu., 10/22-11/26 (ex. 11/12) 11:15 AM-12:10 PM (5 classes) Res \$130, Non-Res \$140

Part II

Code: 432880-B Tu., 9/17-10/15 12:15-1:10 PM (5 classes) Res \$135, Non-Res \$145

Code: 432880-D Tu., 10/22-11/26 (ex. 11/12) 12:15-1:10 PM (5 classes) Res \$135, Non-Res \$145

Understanding Electric Vehicles

Ages: 18 years and over
Want to learn more about Electric Vehicles or are you considering purchasing an Electric Vehicle (Hybrid or Full EV)? This class will describe 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 and on the road.

Instructor: John Bednarczyk

Location: PCC

Date: **Code: 475842-A** Sat., 9/21 10:00-11:00 AM (1 class) Res \$7, Non-Res \$8

Western Riding for All Ages

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

Instructors: JLD Equine Trainers

Location: JLD Equine, 1942 Turk Hill Road

Dates: **Code: 425911-A** W., 9/11-10/2 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190

Code: 425911-B W., 10/9-10/30 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190

Code: 425911-C W., 11/6-11/20 7:00-8:00 PM (3 classes) Res \$135, Non-Res \$145

Code: 425911-D W., 12/4-12/18 7:00-8:00 PM (3 classes) Res \$135, Non-Res \$145

Women Returning to/Joining the Workforce: Key Tips

Ages: 18 years and over
This class is focused on providing women with the key tools they need to successfully return to, or join the workforce. Topics will include: Refreshing Your Skills, Resume Building, Interview Pointers, Balancing Work and Home, Confidence Booster Tips, Online Resources and Tools, Q&A for Participant Questions and Concerns.

Instructor: Mary Kay Star

Location: PCC

Date: **Code: 445941-A** W., 9/25 7:00-8:30 PM (1 class) No charge

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. Self protection strategies specifically for women and basic techniques.

Instructor: Rochester Taekwondo Club

Location: PCC

Dates: **Code: 445847-H** Sat., 9/14-1/18 (ex. 10/26, 11/23, 11/30, 12/28, 1/4) 11:00-11:45 AM (14 classes) Res \$91, Non-Res \$100

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: 445926-A** M., 9/30 11:00 AM-12:00 PM (1 class) Res \$5, Non-Res \$6

Code: 445926-B M., 9/30 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: 445925-A** M., 10/7 11:00 AM-12:00 PM (1 class) Res \$5, Non-Res \$6

Code: 445925-B M., 10/7 7:00-8:00 PM (1 class) Res \$5, Non-Res \$6



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.

Beginner Wood Turning

Ages: 12 years and over
This is a 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: Finger Lakes Wood Turning, St. Michael's Woodshop, 691 St. Paul Street, Rochester

Dates: **Code: 445879-A** Sat., 10/5 9:00 AM-1:00 PM (1 class) Res \$45, Non-Res \$50
Code: 445879-B Sat., 1/11 9:00 AM-1:00 PM (1 class) Res \$45, Non-Res \$50

NEW!! Botanical Relief Printed Greeting Cards

Ages: 18 years and over
In this workshop you will learn the basics of carving linoleum, a centuries old printmaking technique. Each student will walk away with a set of 6 botanical themed greeting cards. This class is adaptable to all learners so no experience needed!

Instructor: Kerry Mottler
Location: PCC

Dates: **Code: 445950-A** Th., 9/19 6:00-8:00 PM (1 class) Res \$40, Non-Res \$44
Code: 445950-B Sat., 10/19 1:00-3:00 PM (1 class) Res \$40, Non-Res \$44
Code: 445950-C Sat., 11/16 1:00-3:00 PM (1 class) Res \$40, Non-Res \$44
Code: 445950-D Tu., 12/17 6:00-8:00 PM (1 class) Res \$40, Non-Res \$44

NEW!! Calligraphy

Ages: 18 years and over
If you want to learn to letter using the Italic style of Calligraphy, join local artist Toi Clawson for a 5-week introduction. We'll create a small card, learn how to lay out beautiful envelopes and do an accordion book with a quote of your choice. Beginners are welcome! Class fee includes an \$8 material fee for paper and marker. Students provide their own calligraphy pen after the first two classes.

Instructor: Toi Clawson
Location: PCC

Dates: **Code: 442833-A** M., 9/30-10/28 1:00-3:00 PM (5 classes) Res \$93, Non-Res \$102

NEW!! Crochet a Cute Axolotl

Ages: 12 years and over
Everyone needs a sweet little axolotl friend, right? You've never crocheted an axolotl before? That's ok because we'll walk through the directions step by step together. Please bring 2 colors of bulky chenille yarn and US H, I and J hooks. Skills needed: single crochet. Skills learned: magic ring, reading directions.

Instructor: Sharilyn Ross
Location: PCC

Dates: **Code: 422804-D** M., 11/18-12/9 (ex. 11/25) 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

NEW!! Crochet a Mini T-Rex

Ages: 12 years and over
Join in and crochet a sweet mini T-Rex! This mini T-Rex features easy construction and is the perfect size for a little dino friend. (Finished T-Rex is about 6 inches tall.) Please bring 2 colors of medium weight yarn and a US G crochet hook. Skills needed: single crochet. Skills learned: magic ring, reading directions.

Instructor: Sharilyn Ross
Location: PCC

Dates: **Code: 422804-C** M., 10/21-11/4 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

Drop In Art

Ages: 18 years and over
Friendly group for inspiration while using water color, water based oils, acrylic, pastels, inks. There is no formal instruction; members share experience with each other. Please bring your own materials.

Instructor: John Tolley
Location: PCC

Dates: **Code: 442830-A** W., 9/11-1/15 1:00-3:30 PM (19 classes) Res \$22, Non-Res \$24

Drop In Art 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: Bill Ebersbach & Ginny Dormer
Location: PCC

Dates: **Code: 442830-AA** Th., 9/12-1/16 (ex. 11/28) 9:30-11:30 AM (18 classes) Res \$22, Non-Res \$24

Learn to Crochet

Ages: 12 years and over
Crochet is back! It's all over the socials, craft magazines and fashion! This class is for anyone who would like to learn or re-learn if it has been awhile. We'll learn the basic stitches (chain, single and double crochet) and how to make a granny square. Please bring size J crochet hook and medium weight yarn to class.

Instructor: Sharilyn Ross
Location: PCC

Dates: **Code: 422804-A** M., 9/23-10/7 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

NEW!! Needles at Noon:

Knit a Cabled Irish Hiking Scarf

Ages: 12 years and over
This is a great first cable project! Come join in the class and we'll demystify cables while knitting a lovely scarf that's enough to keep you warm on an Irish hike or during a Rochester winter. Please bring size 8 knitting needles, a cable needle and about 350 yards of a medium weight yarn to class.

Instructor: Sharilyn Ross
Location: PCC

Dates: **Code: 422804-E** Tu., 10/15-10/29 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30

ADULT ARTS & CRAFTS AND COOKING

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 a while. Take some time 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: 422804-B** Tu., 9/24-10/8 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30

NEW!! Paint Your Own Canvas Tote Bag

Ages: 18 years and over
In this fun DIY workshop you will learn how to paint your own unique canvas tote bag for every day use and that's washable! No prior skills needed as this workshop is adaptable to all learners.

Instructor: Kerry Mottler
Location: PCC
Dates: **Code: 445950-H** Th., 10/24 6:00-8:00 PM (1 class) Res \$40, Non-Res \$44
Code: 445950-I Sat., 12/7 1:00-3:00 PM (1 class) Res \$40, Non-Res \$44
Code: 445950-J Th., 1/16 6:00-8:00 PM (1 class) Res \$40, Non-Res \$44

Project Help: Crochet or Knitting

Ages: 12 years and over
Do you need some help getting started or working 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 you will have time to work on your project in class with the instructor instantly available to answer questions.

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 422804-F** Tu., 11/5-11/19 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30

NEW!! Relief Printed Dish Towel Set

Ages: 18 years and over
This workshop will introduce you to the fundamentals of relief printing with linoleum. You will create a set of printed dish towels. There's many different themes to choose from to match your personal aesthetic! This class is easily adapted for all learners so no prior experience needed!

Instructor: Kerry Mottler
Location: PCC
Dates: **Code: 445950-E** Sat., 9/28 1:00-3:00 PM (1 class) Res \$45, Non-Res \$50
Code: 445950-F Tu., 11/26 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50
Code: 445950-G Sat., 1/11 1:00-3:00 PM (1 class) Res \$45, Non-Res \$50



NEW!! Watercolor for FUN!

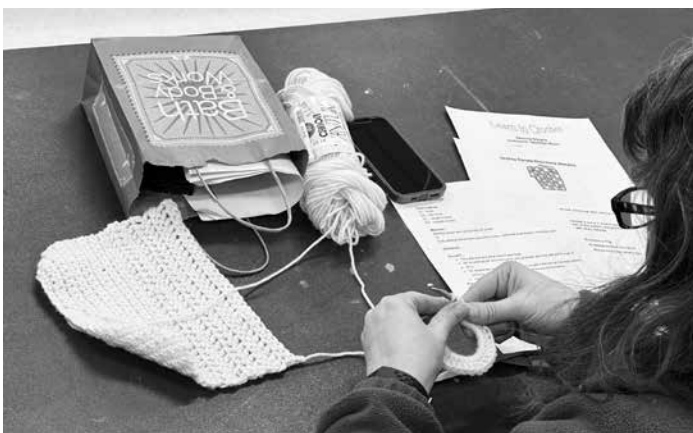
Ages: 18 years and over
Enjoy learning new techniques and exploring how to use watercolor with local artist, Toi Clawson. Using simple color schemes and a few brushes, you can create all kinds of effects ideal for Cards, Gift tags, Small Books and more. First class will have all materials and brushes provided for the initial project, the other supplies will be explained. Class fee includes a \$5 material fee for paper. Students provide their own watercolor paint.

Instructor: Toi Clawson
Location: PCC
Dates: **Code: 442890-A** Tu., 9/10-10/29 9:30-11:30 AM (8 classes) Res \$122, Non-Res \$132

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 beautiful, full color. Students will need to purchase: 2H pencil, eraser, #2 and #4 round brush, 6-8 tubes of watercolor paint, pad of 140 lb. rough press watercolor paper, ¼ inch flat brush, container for water, plastic palette and paper towels.

Instructor: Brian Petty
Location: PCC
Dates: **Code: 444800-A** M., 9/9-9/30 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83
Code: 444800-B M., 10/7-11/4 (ex. 10/14) 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83
Code: 444800-C M., 11/25-12/16 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83
Code: 444800-D M., 12/23-1/13 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83



PERINTON



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

Retired Couples Club Monthly Meeting

First Friday of the month

5:00 PM

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, sandwiches, 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



Offering the Highest Quality of Aquatic & Land Therapy Exercises

Don't wait to start feeling better!

Direct Access / No Prescription Or Referral Necessary

Call 364-0136 to schedule and appointment or stop in

Room #211

HOURS:

Mon – Thurs: 7am–7pm / Fri: 8am–2pm

Closed Saturday & Sunday

**Monthly educational presentations on the
third Wednesday of the month!**

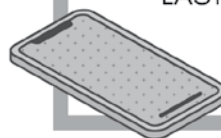
TECH CLASSES

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.

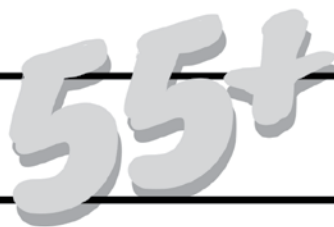
LAST WEDNESDAY EVERY MONTH!

1:00 – 2:30 PM

Registration Required



PERINTON



SUBURBAN DRIVING

This is a NYSDMV 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

August 13th, 2024

September 10th, 2024

October 8th, 2024

November 12th, 2024

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+ FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
NO CLASS after 8/26 7:50 - Andie Senior Core & More Aerobics Room	8:30 - Karen Classic Room 204 A/B	8:00 - Andie/Lin Circuit Room 204 A/B	8:30 - Denise Classic Room 204 A/B	8:00 - Karen Bone Builder Class Aerobics Room
8:00 - Kristi Tai-Yo Room 204 A/B	8:35 - Marsha Young Aqua Fit Lap Pool	8:00 - Joween Step Interval Aerobics Room	8:30 - Karen Experience Aerobics Room	8:00 - Joween Yoga Room 204 A/B
9:00 - Andie Yoga Room 204 A/B	9:30 - Karen Circuit Room 204 A/B	9:00 - Andie/Lin Yoga Room 204 A/B	9:30 - Denise Experience Room 204 A/B	9:00 - Joween CardioFit Room 204 A/B
9:00 - Kristi Zumba Gold Light Aerobics Room	9:30 - Bonnie Zumba Gold Aerobics Room	9:00 - Joween CardioFit Aerobics Room	9:30 - Bonnie Zumba Gold Aerobics Room	9:00 - Marjory Total Body Aqua Size (Water in Motion) Lap Pool
9:00 - Marjory Total Body Aqua Size (Water in Motion) Lap Pool	9:30 - Marsha Young AQUA ENDURANCE Current Channel	10:00am - Joween Yoga Aerobics Room	9:30 - Marsha Young Aqua Endurance Current Channel	NO CLASS after 6/21 9:00 - Dylan Zumba Gold Aerobics Room
10:00 - Kristi Classic Room 204 A/B	10:30 - Andie/Lin Classic Room 204 A/B	10:00 - Kristi Classic Room 204 A/B	10:30 - Andie/Lin Classic Room 204 A/B	10:00 - Joween Classic Room 204 A/B
10:00 - Andie Classic Room 208B	10:30 - Kristi CardioFit Aerobics Room	10:00 - Marjory Let's Get Moving Lap Pool	10:30 - Marsha Young Aqua Circuit Current Channel	10:00 - Marjory Let's Get Moving Lap Pool
10:00 - Denise Circuit Aerobics Room	10:30 - Marsha Young Aqua Circuit Current Channel	10:00 - Andie Classic Room 208B	11:30 - Karen Bone Builder Class Aerobics Room	
10:05 - Marjory CIRCLE AQUA VOLLEY BEACH BALL Lap Pool	11:30 - Andie/Lin Yoga Room 204 A/B	11:00 - Kristi Zumba Gold Room 204 A/B	11:30 - Andie/Lin Yoga Room 204 A/B	
11:00 - Kristi Zumba Gold Room 204 A/B	11:30 - Kristi Seasoned Beginner Line Dance Aerobics Room	12:00 pm - Kristi Silent Movement & Meditation Room 208B		
11:00 - Denise Booty Barre Aerobics Room				
12:00 - Denise Cardio Kickboxing 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® FITNESS

Silver&Fit. RenewActive® 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 and click on "PCC Schedules." These classes are found under "55+ Fitness Classes."

PERINTON 55+ FITNESS



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.

PARK RESERVATIONS



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.

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.

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.

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

Paul Kelly – Lifeguard Lieutenant

Sean Anne – Lifeguard Lieutenant

Anke Applebaum – 55+ Program Supervisor

Michelle Reus – Office Clerk

Maggie Monsen – Office Clerk

Rebecca Drumm – Office Clerk

Amy Kelley – 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

Tanner Doyle – Laborer

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. 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). 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., August 26, 2024 at 10:00 AM
Non-Residents – Registration begins Tu., September 3, 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 6/3 (Residents) and at 10:00 AM on 6/10 (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), 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. 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.

	<u>SIGNATURE REQUIRED:</u> X _____	
Date _____	Registrant (Parent or Guardian if under 18)	

Participant Name	Grade	Birth Date	Sex	Class Code	Program Name	Fee	2 nd 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
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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 and Parks*

AIRQUIP
HEATING & AIR CONDITIONING

Fairport Electric Rebates!

Find out more at:

AirquipHeating.com/FairportRebate

Or call Airquip at 585-641-3080



Now



New Name, Same Great Team!

Conveniently located in Room #210

Brett S.,
PT, DPT



Patrick M.,
PT, DPT,
CSCS, TPI M2



Tess K.,
PTA



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