



# Perinton

## Recreation & Parks

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



Registration Begins  
Monday, August 28th

Town Supervisor's  
Message Page 3

2023  
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  
Taped Info: 425-1170

### THE INDOOR TRACK

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

### THE FITNESS/WELLNESS CENTER

The Fitness/Wellness Center offers a fully equipped Cardio-Fitness Lobby and Strength-Resistance Room for participants at least 14 years old.

### THE AQUATIC CENTER

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

### DROP-IN FITNESS CLASSES

Drop-In Fitness is offered for \$9.00 per class. Non-resident rate is \$10.00 per class. Check out our adult and teen fitness classes inside this brochure. Group cycling classes are \$10.00 for residents and \$11.00 for non-residents. **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.

### GYM DROP-IN PROGRAMS

Drop-In Programs are available for all ages. Admission is \$5.00 per person with proof of residency. Admission for non-residents is \$6.50. **All participants must show ID every time.** 10X stamp passes are available to residents (\$42.00) and non-residents (\$56.00). **For RESIDENTS, 14 years and over:** Show your monthly or 20 Visit Fitness Pass and get \$1.00 off your daily drop-in fee or half off your purchase of a new stamp pass. **All participants must still sign in at the registration desk for basketball/volleyball/pickleball/table tennis and/or fitness/aquatic area(s).**

## DAILY FAMILY PASS FOR AQUATICS

(Perinton Residents)

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

	RESIDENT						NON-RESIDENT			
	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)	College Student	Active Military	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)
<b>Daily</b>	\$4.00	\$4.50	\$6.50	\$4.50	\$4.50	\$4.50	\$6.00	\$7.00	\$11.00	\$7.00
<b>Monthly</b>	\$28.00	\$35.00	\$52.00	\$35.00	\$35.00	\$35.00	\$40.00	\$45.00	\$70.00	\$45.00
<b>20 Visit</b>	\$44.00	\$50.00	\$73.00	\$50.00	\$50.00	\$50.00	\$74.00	\$105.00	\$160.00	\$105.00
<b>6 Month</b>	\$140.00	\$170.00	\$265.00	\$170.00	\$170.00	\$170.00	\$180.00	\$225.00	\$330.00	\$225.00
<b>12 Month</b>	\$250.00	\$305.00	\$470.00	\$305.00	\$305.00	\$305.00	\$325.00	\$395.00	\$595.00	\$395.00

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 great summer it has been in the Town of Perinton! The Town has been buzzing with energy, and I was delighted 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 wonderful to see our community come together and enjoy these events.

As the fall season unfolds, I encourage everyone to embrace the unique opportunities of this time of year. We have so much to appreciate with our natural surroundings and miles of trails and parks awaiting exploration.

This year has been filled with exciting projects that will enhance the quality of life for everyone. I would like to express my deep appreciation to our dedicated and hardworking town staff. Their unwavering commitment and meticulous planning have propelled us toward executing some exciting projects that will enhance the quality of life for all of our residents.

One project that has captured the community's enthusiasm is the Perinton Skatepark. We recognize the significance of providing recreational opportunities for our youth, and this state-of-the-art skatepark will undoubtedly become a central hub for both fun and skill development. Along with the skatepark, we will be making enhancements to Perinton Park that will benefit all park users. Improvements will include paved pathways connecting the skatepark to existing restrooms and amenities, a new expanded parking lot, and a welcoming pedestrian entrance from 31F.

The Ayrault Road Sewer Improvement Project is another project that holds immense importance for our community. Not only will it bolster the resilience of our town's infrastructure, but it will also safeguard over 1,000 surrounding homes and contribute to the protection of adjacent wetlands.

Furthermore, we are making substantial progress on the Spring Lake Trail Project. The addition of this new trail will open up opportunities for outdoor enthusiasts to explore and appreciate the beauty of our natural surroundings. It is a testament to our

commitment to preserving and promoting the natural assets that make Perinton so special.

Additionally, I am pleased to share that the Tony Mazurkiewicz Memorial is taking shape, thanks to the dedicated efforts of our Town committee members. This memorial will stand as a testament to Tony's legacy and offer comfort and inspiration to all who visit. We look forward to sharing more information on the progress soon.

This construction season, Perinton Public Works has worked tirelessly to maintain and preserve our town roads. By the end of the 2023 season, they will have provided essential maintenance to more than 50 miles of roadway in our Town. Their dedication to keeping our streets in top condition is commendable, and we appreciate your patience as they complete the construction. Soon, our crews will be turning their attention to the annual leaf collection for all 17,000 properties in Town. Check the brochure for more information on this service we provide to our residents.

As these projects unfold, I want to extend an invitation to all residents to stay informed and actively engage with us. Your feedback, suggestions, and questions are crucial in ensuring that these developments align with your needs so that, together, we can continue to create a town that we can all take pride in.

The investments we are making today will have a profound impact on the future of Perinton. Our collective efforts will undoubtedly yield long-term benefits for generations to come, making sure that our town remains a wonderful place to live, work, and play.

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

Sincerely,

Ciaran Hanna, Town Supervisor

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**THIS PROPERTY IS**

**UNDER REVIEW**

**BY THE TOWN OF PERINTON**

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

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

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

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

### Town Hall Closings:

Oct. 9	Columbus Day
Nov. 10	Veteran's Day
Nov. 23 & 24	Thanksgiving
Dec. 25	Christmas Day
Jan. 1	New Year's Day

### PCC Closings:

Dec. 25	Christmas Day
Jan. 1	New Year's Day

**Recreation & Parks Content Starts on Page 18**



## Town of Perinton

Ph: (585) 223-0770

F: (585) 223-3629

Recorded information:  
(585) 425-1170

DPW: (585) 223-5115

After Hours Emergency:  
(585) 425-7380

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

Facebook: **Town of Perinton, NY**

Twitter: **@TPerinton**

Instagram: **townofperinton**

**Thomas A. Klonick**

*Town Justice*

**Charles Steinman**

*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.

Updated state guidelines allow for the public in board meetings, but seating is extremely limited due to social distancing. Thus, all meetings are also offered virtually through StaLeaf. For more information, please go to [perinton.org](http://perinton.org). All meetings begin at 7:30 p.m.

## — Perinton Town Officials —



**Ciaran Hanna**  
*Town Supervisor*



**Seana L. Sartori**  
*Councilperson*



**David P. Belaskas**  
*Councilperson*



**Meredith Stockman-Broadbent**  
*Councilperson*



**Alexandra Winner**  
*Councilperson*



**Janelle Reed**  
*Town Clerk*

## Town E-Newsletter/PASS Update

Stay informed! Residents are urged to sign up for both the Town E-Newsletter and the Perinton Alert Services System (PASS). The Town E-Newsletter features current news from all Town departments, previews upcoming events, and covers ongoing topics of

public interest. PASS sends text and/or email alerts. Residents will receive messages about everything from scheduling and deadlines to emergencies in the area. Sign up for both free services at [perinton.org](http://perinton.org).



# TOWN OF PERINTON E-NEWS

E-NEWSLETTER AVAILABLE FOR PERINTON RESIDENTS

- ☒ IMPORTANT NEWS & UPDATES FOR PERINTON RESIDENTS
- ☒ UPCOMING EVENTS, PROGRAMS & HIGHLIGHTS FROM REC & PARKS
- ☒ SEASONAL WORK INFO FROM PUBLIC WORKS
- ☒ ONGOING TOPICS OF PUBLIC INTEREST

## SUBSCRIBE

[WWW.PERINTON.ORG/NEWSLETTERS](http://WWW.PERINTON.ORG/NEWSLETTERS)

Scan the QR Code with your phone!

Town of Perinton

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

(585) 223-0770







## Perinton Skatepark Update: Site Work and Construction Underway



The Perinton Skatepark project is making significant strides towards becoming a reality, thanks to the hard work and dedication of our Perinton Recreation & Parks Department, Perinton Public Works, community advocates, and Town leadership.

In completing the grading and drainage phase, Perinton Public Works has laid the foundation for the skatepark's infrastructure with precision and care. This crucial step ensures the safety and longevity of the park, setting the stage for an amazing recreational space that will serve the community for years to come.

Excitement has been building as our skatepark design and construction company, Spohn Ranch, started the construction phase on July 31st. They are using their expertise to transform the skatepark's design into a tangible, dynamic space for skateboarders, rollerbladers, BMX riders, and all-wheeled sport enthusiasts. This is a significant milestone, marking the beginning of the skatepark's transformation from concept to reality.

Rochester Earth Incorporated is also contributing to the project. Their work includes creating a storm water management facility, building a parking lot, sidewalks, and an inviting pedestrian gateway entrance. The addition of a new expanded parking lot will ensure convenience and accessibility for all visitors.

The Perinton Skatepark has already become a popular spot for families and kids to gather and watch the construction progress. The community's enthusiasm for the project showcases its potential to become a hub for fostering community and promoting physical activity among our younger population. As construction continues and the skatepark takes shape, residents are eagerly looking forward to the recreational opportunities and social connections it will provide. Perinton Recreation & Parks, Perinton DPW, Spohn Ranch, and Rochester Earth are working diligently to bring this exciting recreational project to life, and the anticipation for its grand opening is growing day by day.



## Proposed Disc Golf Course in Early Stages

The Town of Perinton is in the early stages of considering a proposal for a new Disc Golf Course in Howell Road Park East. Disc Golf combines the precision of golf with the fun of frisbee, offering an engaging outdoor activity for all ages.

The course would prioritize safety and convenience, with designated fairways and measures to ensure the well-being of park and trail users as well as disc golf enthusiasts of all abilities. The Town would also aim to preserve the park's natural environment, incorporating the diverse terrain and minimizing any environmental impact.

Thank you to everyone who joined us for a recent informational meeting on the proposed Disc Golf Course in Howell Road Park East. We were happy to welcome neighbors, the Greater Rochester Disc Golf Club, Crescent Trail Hiking Association, and disc golf enthusiasts. For those who couldn't make it to the meeting, view the presentation. We still want to hear from you! Your input is invaluable in shaping this new recreational opportunity for our community. Please share your thoughts, comments, and questions by submitting written feedback to Recreation & Parks Commissioner Jeff Nutting via email at [jnutting@perinton.org](mailto:jnutting@perinton.org) or by mail at 1350 Turk Hill Road, Fairport, NY 14450.

Thank you once again to everyone who participated in the meeting, and we look forward to hearing from all of you. Stay tuned for further updates!



## Check out our new playground at Kreag Road Park!

The playground replaces 20-year-old equipment and marks the first phase of the Town's 5-Year Playground Revitalization Plan.

This project represents our commitment to providing top-notch recreational spaces for families in our community.



# 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 9, 2023  
8:00 a.m. to Noon



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



Appointments now open! Book online: [www.perinton.org](http://www.perinton.org).



## Save the Date for the Total Eclipse of the Park!

On April 8th, 2024, Perinton will be in the path of a total solar eclipse for the first time since 1925. Join us to celebrate this once in a lifetime event at the Perinton Community Center!

Stay tuned for more information and event details. The next total eclipse to pass over Rochester will be in the year 2144, so don't miss your chance to see this incredible phenomenon at the Perinton Community Center!





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

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



**Sunday,  
October 15, 2023  
9 A.M. - 1 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 October. In 2022, more than twenty women were able to complete their annual Mammography at this event. Please check our website, [www.perinton.org](http://www.perinton.org), for more information or call 585-922-PINK to book an appointment.

"A 15-minute breast cancer screening could save your life, but it can be hard to make time with 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 the screening to you. It's covered by most insurance providers, and New York State may be able to provide assistance to those without insurance."

In addition, the NYS Cancer Services Program offers free breast cancer screening and diagnostic services to residents without insurance. Reed hopes this service will provide easy access to mammograms for women who otherwise might not get them due to barriers such as scheduling and financial burdens.

The Rochester Regional Health Mobile Mammography Center offers state-of-the-art technology, expert staff on-site, 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. In addition, results are mailed directly to the patient.

To qualify, women must be at least 40 years old and not pregnant or breastfeeding. Patients should plan to bring 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.

October is Breast Cancer Awareness Month. According to the Center for Disease Control (CDC), one in every eight women will get breast cancer in their lifetime, and mammograms are the best way to find breast cancer early, when it is easier to treat.

*Appointments are encouraged -  
BOOK BY CALLING 585-922-PINK.*



**JANELLE REED**  
PERINTON TOWN CLERK

**CONTACT:**

[JREED@PERINTON.ORG](mailto:JREED@PERINTON.ORG)

585-223-0770

[WWW.PERINTON.ORG](http://WWW.PERINTON.ORG)



# Box Car Lumber

By Bill Poray, Perinton Town Historian

Ever hear the phrase, "box car lumber"? It was pretty common in Fairport and Perinton some decades ago. It stems from the Mechants Despatch Transportation Company in East Rochester, formerly known as Despatch. In its day, it was a very busy place, where old wooden box cars were brought and given new life, complete with all new wood for the body of the box car.



*Boy Scouts of Fairport Troop 207 in the 1950s, in front of a cabin built of box car lumber. The cabin was built on the former Jensen property on Turk Hill Road.*

The old southern yellow pine tongue and groove boards still had plenty of life left, and were made available for employees and others, for little or no cost. I've recently heard from many people across Fairport and Perinton who have confirmed the discovery of repurposed box car lumber in their homes or garages.

The examples of box car lumber all over our community share a telltale sign - a random pattern of painted letters on the planks of wood. Of course, they were not random on the box cars, where they spelled out any number of words.

If you have an old house, garage or other structure in Fairport or Perinton, you might just find some stenciled boards, which in a previous life, rumbled along the railroad tracks of America.

## Perinton Welcomed Cycle the Erie Canal Participants



The Town of Perinton recently welcomed 750 cyclists and volunteers from all corners of the country for the 25th Annual Cycle the Erie Canal event!

Our town was buzzing with energy as these adventurous cyclists arrived at Center Park, their home for the night. The park became a hub of excitement as cyclists took advantage of the on-site vendors offering local treats, goods and services. Meanwhile, our town had so much to offer, with many welcoming shops and restaurants ready to serve them the very best of our community!

This marked the second leg of their week-long adventure, where they conquered over 60 miles from Medina to Fairport. It's truly awe-inspiring to witness their determination and passion as they take on the challenging 400-mile ride along the Erie Canalway Trail.

We're immensely proud to showcase our incredible community to riders from all over the state, country, and even Canada!



# Spotlight: Rich Tantalo, BBFD Chief



The Bushnell's Basin Fire Department takes great pride in its members who tirelessly serve the community as volunteer firefighters.

Among these dedicated individuals, one individual stands out for his exceptional commitment and leadership - Chief Rich Tantalo. Despite the demands of a full-time job, marriage, and raising a family, Rich has been an integral part of the department for the past 20 years, setting a remarkable example for all.

At the age of 38, Rich's journey as a firefighter began when he was just 18, fresh out of Fairport High School. He had always dreamt of becoming a firefighter and took the first steps toward fulfilling that dream by joining the Bushnell's Basin Fire Department Explorer Post, affiliated with the Boy Scouts, when he was 14. Even amidst the activities and sports of high school, Rich's passion for firefighting remained strong, and he transitioned seamlessly into the ranks of the fire department at 18.

However, his involvement didn't stop there. Rich's desire to make a significant impact led him to pursue extensive training and knowledge in firefighting. He continuously sought opportunities to grow and improve, which soon led to him serving as Vice President and later as the President of the department when he was just 21, the youngest possible age to hold that position.

Rich's dedication and skills did not go unnoticed, and he progressively assumed various leadership roles within the department, such as Lieutenant, Captain, Second Assistant Chief, First Assistant Chief, and finally, Chief of the Department. Through his journey, he never lost sight of the values of volunteerism and community service.

Outside of his firefighting duties, Rich's commitment to public service extended to becoming a police officer, following in his father's footsteps. He began his law enforcement career in Livingston County before becoming a Sheriff's Deputy in Monroe County, where he continues to serve to this day. The same dedication he shows in the fire department is evident in his role as a law enforcement officer.

Yet, amidst all these responsibilities, Rich prioritizes his family without compromise. He shares a loving home with his wife, Andrea, and they are raising their children, Dominick and Cassidy, in Perinton. Despite his busy schedule, Rich manages to be present in his kids' lives, actively supporting and even coaching them in their various activities.

Rich Tantalo's ability to balance all of these significant aspects of his life is truly commendable. He serves as an inspiration not only to his fellow firefighters and law enforcement colleagues but also to the community he tirelessly protects and supports. His unwavering dedication and compassion have touched the lives of many, making him a respected figure both within the fire department and our community.

Rich's journey as a volunteer firefighter is a testament to the spirit of selflessness and community service. He invites others to join him on this noble path, welcoming all interested individuals from the Bushnell's Basin area to be a part of the fire department. Together, under Chief Tantalo's guidance, they can continue to make a difference and uphold the values of service, bravery, and dedication that define the essence of the Bushnell's Basin Fire Department.

## How to Volunteer

Did you know that your local fire departments are 100 percent volunteer? The Town of Perinton is protected by five different fire departments depending on where you live in town. All of them are always in need of new members. Each will provide all needed equipment and training courses.

### Qualifications for Membership:

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

### Roles and Responsibilities

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

### Fairport Fire Department

Email: [volunteer@fairportfd.org](mailto:volunteer@fairportfd.org)  
Phone: (585) 223-9220  
Monday-Friday, 7 a.m.-3 p.m.

### Bushnell's Basin Fire Department

Email: [recruitment@bushnellsbasin.org](mailto:recruitment@bushnellsbasin.org)  
Phone: (595) 248-5606

### Egypt Fire Department

Apply at [egyptfd.org/how-to-join.html](http://egyptfd.org/how-to-join.html)  
Phone: (585) 223-1923

### East Rochester Fire Department

Email: [3c12@astrochester.org](mailto:3c12@astrochester.org)  
Phone: (585) 381-1112

### Penfield Fire Department

Apply at [penfieldfire.org/volunteering](http://penfieldfire.org/volunteering)  
Phone: (585) 586-2413



# Discover the Beauty of Perinton: Exploring the Crescent Trail



Nestled within our picturesque Town lies a hidden gem, the Crescent Trail, a network of footpaths that offers outdoor enthusiasts a delightful experience of nature, history, and adventure. Stretching approximately thirty-five miles, this system of trails is perfect for a variety of activities, including hiking, cross-country running, snowshoeing, nature study, and photography. Whether you are a seasoned hiker or a nature lover seeking tranquility, the Crescent Trail has something to offer everyone.

The main trail of the Crescent Trail, marked with vibrant orange blazes, forms a crescent-shaped route, connecting the southwest and northeast quadrants of Perinton. Alongside the main trail, there are additional branch trails, loop trails, connecting paths, and access paths, allowing visitors to enjoy self-guided walks lasting up to two hours. For those seeking more extended escapades, longer half-day or day-long hikes are possible, either through point-to-point journeys or by connecting with neighboring trails like the Erie Canal Heritage Trail and the RS&E Trolley Trail.

As with many beautiful trails, some sections of the Crescent Trail are situated on private land. The future accessibility of these areas and the opening of new sections largely depend on trail users adhering to posted signs and respecting the rights of property owners. A crucial aspect of preserving the charm of these trails is to ensure they remain litter-free. If you find any trash during your hike, kindly pick it up and carry it out with you, helping to maintain the pristine condition of the trail for all to enjoy.

In the interest of preserving the natural tranquility and ensuring the safety of all users, the Crescent Trail prohibits the use of motorized and wheeled vehicles, including bicycles. This policy ensures that hikers can immerse themselves fully in the sights and sounds of the surrounding woodlands, wetlands, scenic overlooks, and town parklands without disturbance.

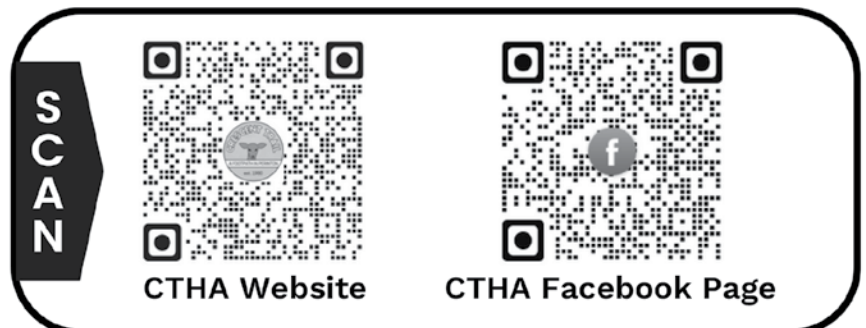
For those planning their adventure on the Crescent Trail, acquiring the trail map is essential. The map provides an overview of the entire trail system, highlighting both the South and East sections of the Crescent Trail. Copies of the map are available for purchase with a \$2 donation, accessible at the Perinton Town Hall and Community Center. The preparation and provision of the map are made possible by the Crescent Trail Hiking Association, whose funding primarily relies on the generosity of charitable contributions, monetary donations from members, and annual dues. The association also has hats and t-shirts available.

The Crescent Trail Hiking Association, since its establishment in 1980, has been instrumental in the planning, development, and maintenance of the trail footpaths. Committed to fostering a deep love for nature, educating hikers about the history of Perinton, and encouraging responsible stewardship of the environment, the association has been organizing free monthly guided hikes. These guided hikes not only enrich the hikers' experience but also foster a sense of community and shared passion for the great outdoors.

Mark your calendars, as the Crescent Trail Association's upcoming guided hikes promise unforgettable experiences such as a Stargazing Hike with Marian Hollar on Saturday, August 12th, at 9:00 PM. Those interested can meet at the White Brook Nature Center (Cloud Date: Saturday, September 16th). Check out all of the monthly guided hikes on the Crescent Trail Hiking Association website, [www.crescenttrail.org](http://www.crescenttrail.org), and Facebook page, <https://www.facebook.com/crescenttrail>.

Each of these hikes promises an opportunity to forge a deeper connection with nature and appreciate the beauty that surrounds us.

The Crescent Trail is a remarkable testament to Perinton's dedication to preserving natural spaces for the community's enjoyment and appreciation. With its diverse range of activities, breathtaking scenery, and passionate stewardship by the Crescent Trail Hiking Association and our Parks Department, this trail system stands as a shining example of how communities can come together to cherish and protect their natural heritage. So, grab your hiking boots, bring your curiosity, and embark on an adventure along the Crescent Trail to discover the wonders that await you in the heart of Perinton.



## 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 biodegrade 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.



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

**PERINTON  
PUBLIC WORKS**  
(585) 223-5115



## Perinton Food Shelf

*most needed items*

SUMMER 2023



Coffee	Tomato Sauce (~15 oz. - not spaghetti sauce)	Ketchup
Brownie Mix	Canned Peaches	Mustard
Cake Mix	Paper Towels	Mayonnaise
Frosting	Facial Tissues	Salad Dressing
Cooking Oil	Canned Beef Stew	

*thank you!*



Donations collected at Perinton Town Hall, 1350 Turk Hill Road (back door)





## RS&E TRAIL CLOSURE & DETOUR

**BETWEEN THE BRADFORD HILL ACCESS POINT AND AYRAULT RD**



A signed trail detour will be maintained for both pedestrians and bicyclists.



As a result of the Ayrault Road Sewer Project, the closure & detour will remain in effect through the end of the year with the potential to be extended based on construction progress. A detour map is available on [www.perinton.org](http://www.perinton.org).

PERINTON PUBLIC WORKS • SEWER DEPARTMENT • (585) 223 - 5115 • [WWW.PERINTON.ORG](http://WWW.PERINTON.ORG)

## Summer Update from Perinton Animal Control

Perinton's summer has included beautiful weather, giving rise to a flourishing wildlife population. As you enjoy the season, it's important to remember how to interact responsibly with the local wildlife.

Please remember that if you begin to have frequent visitors to your property, it is best to make sure there is no food source and no potential shelters for them to make a home. Young wildlife are very curious as they venture their first steps into their vast world. Remember to close garages and shed doors, and secure areas under decks and sheds. These locations are the most sought-after for local wildlife. Remember, the best advice one can follow during the summer months is, "if you care, leave them there." Allow young wildlife to explore undisturbed, appreciating them from a distance. Leaving them in their natural habitat is the best way to care for them.

Perinton Animal Control is available 24/7 to answer questions or respond to sick or injured wildlife calls. Please also remember to License your dogs and attach ID tags securely to them, before heading outdoors.

Enjoy your Summer!

*Steve*

– Steve Pringle, Animal Control Officer







# Perinton Flu Shot Clinic

**2023 SCHEDULE**



## Perinton Community Center

**1350 TURK HILL ROAD, FAIRPORT, NY 14450**

**FRIDAY, SEPTEMBER 15 ..... 9AM – 1PM**

**SATURDAY, SEPTEMBER 23 ..... 9AM – 1PM**

**MONDAY, SEPTEMBER 25 ..... 9AM – 1PM**

**SATURDAY, OCTOBER 7 ..... 9AM – 1PM**

**WEDNESDAY, OCTOBER 18 ..... 9AM – 1PM**

**FRIDAY, OCTOBER 27 ..... 9AM – 1PM**

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

# 2023-24 School Tax Collection Information

*From Debbie D. Brown, Perinton Receiver of Taxes*



## Tax Information:

- Tax bills for the upcoming 2023-2024 School tax collection will be mailed August 31st.
- The first day of collection will be Friday, September 1st.
- If you do not have escrow and have not received your tax bill by September 8th, please call our office at (585) 223-0770 or log on to [www.monroecounty.gov](http://www.monroecounty.gov) to obtain a copy.
- The 1st installment is due to the Town by Friday, September 15th (2nd and 3rd installments must be mailed directly to Monroe County).
- If you are paying in full, the full amount is due by Monday, October 2nd (due to Oct. 1st falling on a Sunday).
- 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 (Adhering to all tax due dates and interest schedules – payment must be in the drop box by end of day of tax due date).
- By credit card online at [www.monroecounty.gov](http://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](http://www.monroecounty.gov) – A sliding scale fee is charged based on the amount of payment.





# New Trail Connecting Spring Lake Park to Irondequoit Creek Trail Underway

The Town of Perinton is taking significant strides to enhance its recreational infrastructure with the construction of a new trail that will create an essential link between Spring Lake Park and the existing Irondequoit Creek Trail. The project will span 2,100 feet, providing residents and visitors with improved access to the natural beauty along Irondequoit Creek and fostering outdoor activities. The existing Irondequoit Creek Trail, extending 6.2 miles from Irondequoit Bay through Channing Philbrick Park to the Perinton Town Line, will seamlessly connect to the new trail. Funding for the majority of the project comes from Federal Funds, and the town aims to have the trail open to the public by late October 2023.

To ensure the trail's longevity and usability, the path will closely follow an existing worn route along Irondequoit Creek. The trail surface will feature a 3 to 5-foot-wide stone dust covering, providing a comfortable and stable pathway for pedestrians and cyclists alike. Notably, a 300-foot-long portion of the eroded creek embankment will undergo stabilization using large stones, bolstering the trail's resilience against natural forces. Additionally, to allow safe passage over an overflow channel, a timber-framed bridge will be constructed, further enhancing accessibility.

Work began in mid-July 2023, with the establishment of the staging area. The next stage involves installing a temporary creek crossing. Following that, tree removals, creek embankment stabilization, and trail construction are planned from mid-August to mid-October 2023.

Throughout the construction phase, the existing worn path north of Spring Lake Park will be temporarily closed to ensure the safety and efficiency of the new trail's construction. Trail Closed signs will be posted at the north and south ends of the project area to inform visitors of the temporary closure. To address any concerns during construction, residents can contact our Department of Public Works.

The Town recognizes the significance of this new trail project and its potential to enrich the community's recreational experiences. We will provide updates as major milestones in the construction process are achieved. Thank you to our residents for your cooperation and patience throughout this vital trail construction, acknowledging the long-term benefits it will bring to the park's recreational landscape. With the expected completion in late October 2023, the town eagerly awaits the unveiling of this new recreational gem, connecting nature enthusiasts to the picturesque beauty of Irondequoit Creek.



## WebTrac Information

Save time and register for programs and parks shelters (**not buildings**) 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, Twitter and Instagram for updates and notifications about Perinton Recreation and Parks happenings. Join the conversation, share your thoughts, and show us your Perinton pride by checking in, tagging us and using #PerintonRec.



Perinton Recreation and Parks



@PerintonRec



#PerintonRec

## QUICK REFERENCE

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

## Holidays:

Friday, October 6 .....	Superintendent's Conference Day
Monday, October 9 .....	Columbus Day
Friday, November 10 .....	Veterans Day
Wednesday - Friday, November 22-24 .....	Thanksgiving Recess
Thursday & Friday, December 7-8 .....	K - 5 Parent Conferences
Monday, December 25 .....	Christmas Day (PCC Closed)
Monday - Friday, December 25-29 .....	Winter Recess
Monday, January 1 .....	New Year's Day (PCC Closed)
Monday, January 15 .....	Martin Luther King Jr. Day

# What's New For FALL 2023

## Special Events

Jack-o-lantern Carving Contest  
Robot Revelry  
Ice Cream for Breakfast  
Total Eclipse of the Park

## Youth and Teen

How to Get That Healthy Skin Care Glow  
Perfecting Your Color Palette  
SAT/ACT Boot Camp

## Youth and Teen Arts & Crafts and Cooking

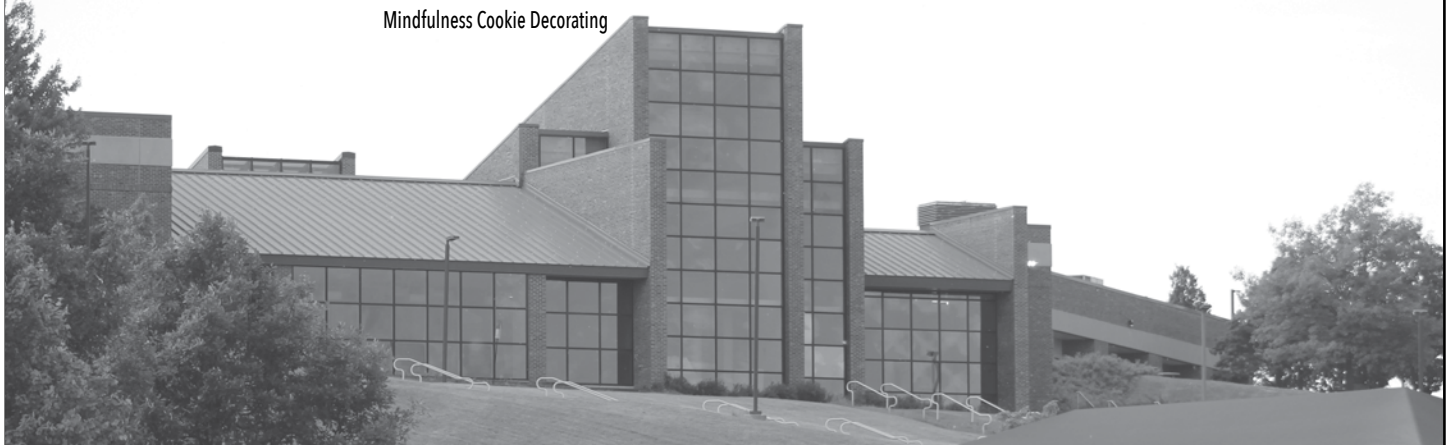
American Girl Doll Adventures: Playful Pets  
American Girl Doll Adventures: Sleeping Bags and S'mores  
Creative Artists: "Christmas Cookies, Cards & Crafts"  
Learn to Cook Chicken Parmesan  
Learn to Cook Chicken Pot Pie  
Little Hands, Little Bakers: Reindeer Cupcakes  
Mindfulness Cookie Decorating

## Adult

Better Balance for An Active Life  
Electronic Notary Training Class  
Fall Cleaning for Your Makeup Bag  
How to Change Up Your Skin Care for Fall/Winter  
Kendo: The Art of Japanese Fencing

## Adult Arts & Crafts and Cooking

Crochet a Cute Snowman  
Crochet a Scrappy Basket  
Harvest Moon, Tree and Owl on Canvas  
Needles at Noon: Knitted Socks  
Pumpkins Made Simple Yet Elegant



## SPECIAL EVENTS

# SPECIAL EVENTS

Register early to avoid program cancellation due to low enrollment.

**SAVE THE DATE!!**

Saturday	September 16	Penalty Kick Challenge
Sunday	September 17	Breakfast with Grandparents
Friday	September 22	Outdoor Movie Night at Center Park
Friday	October 27	Halloween Parade
Saturday	November 4	Robot Revelry
Thursday	November 23	Turkey Jam
Sunday	December 3	Visit with The Grinch
Saturday	January 13	Ice Cream for Breakfast!
Tuesday	February 6	Clash of the Crusts
Monday	April 8	Total Eclipse of the Park

### 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, Knights of Columbus

**Location:** Center Park West #2, North Goal

**Date:** Sat., 9/16 9:00 AM-12:00 PM (1 class) No charge. No pre-registration required.

**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., 9/17 10:00-11:00 AM (1 class) Res \$8, Non-Res \$9  
**Enroll all family members that will be attending. Fee charged per person.**

### Outdoor Movie Night at Center Park

**Ages:** Open to families  
Join us to watch *Super Mario Bros.* 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 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 Lions Club and Sugary Delights will be present to purchase dinner while watching the movie. Be sure to bring your own chairs, blankets and snacks. <https://www.eventbrite.com/e/outdoor-movie-night-movie-choice-tickets-611375790447>

**Location:** Center Park Amphitheater

**Date:** F., 9/22 7:00 PM No charge

**Not available on WebTrac.**



### 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 doughnuts and cider provided by Fairport Fire Department. This event is co-sponsored by the Fairport Rotary Club and Perinton Recreation and Parks.

**Location:** Potter Park

**Date:** F., 10/27 6:00 PM No pre-registration required. Meet at Johanna Perrin Middle School parking lot to depart at 6:00 PM. Parade concludes at Potter Park.

**Not available on WebTrac.**

### NEW!! Jack-o-lantern Carving Contest

**Ages:** Open to families  
Get creative and carve up your best Jack-o-lantern for our Carving Contest! Make them scary, make them cool, make them original. Please email a photo of you and your Jack-o-lantern to [mclark@perinton.org](mailto:mclark@perinton.org) for judging. Include your name, date, phone number and a sentence about your creation. Contest will run October 8-31. We will post photos and announce winners on our Facebook page.

**Not available on WebTrac.**

### Fall Art Show & Sale

**Ages:** Open to all ages to attend and purchase  
You never know what treasures you will find at the Perinton Art Group's 2023 Fall Art Show & Sale! Treat yourself to a bit of 'eye candy' and perhaps discover the perfect piece of artwork to give your room that finishing touch. Opening reception on Friday, 10/27 from 6:30-7:30 PM.

**Location:** PCC Lobby

**Dates:** October 27 – November 10.

**Not available on WebTrac.**





## NEW!! Robot Revelry

**Ages:** Open to families  
Bring the family to play with our robot! Enjoy an interactive experience while learning about STEM at our many activity booths. Additional Perinton Recreation instructors will be present, too! 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.

**Instructors:** Fairport Robotics  
**Location:** PCC

**Date:** **Code: 422706-A** Sat., 11/4 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 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., 11/23 8:00-10:00 AM (1 class) No charge.

**Not available on WebTrac.**

## Visit With The Grinch

**Ages:** 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., 12/3 10:00-11:00 AM (1 class) Res \$8, Non-Res \$9  
**Enroll all family members that will be attending. Fee charged per person.**



**SCAN ME**  
**for Perinton's Eclipse Gear**

## NEW!! Ice Cream for Breakfast!

**Ages:** 4 years and over  
You scream, I scream, we all scream for ice cream! It's the one day during the year where we make ice cream sundaes for breakfast! Come in your pajamas and enjoy a sundae bar at the Perinton Community Center! Waffles and other light breakfast items will also be served. Fee is charged per person, so please enroll everyone who plans to attend. Event is open to families.

**Instructor:** Ginny Schenker

**Location:** PCC

**Date:** **Code: 462846-A** Sat., 1/13 10:00-11:30 AM (1 class) Res \$10, Non-Res \$11  
**Enroll all who will be attending. Fee is charged per person.**

## Clash of the Crusts

**(Formerly the Perinton Pizza Parlor Poll)**

**Ages:** Open to families  
Back by popular demand! Join us as we sample a slice of pepperoni pizza from each of the participating parlors and vote for your favorite. Pizza and water will be provided with the price of admission. Please enroll all family members that will be attending. Children under the age of 3 are welcome to attend, but will not receive any pizza.

**Location:** PCC

**Dates:**

**Code: 165806-A** Tu., 2/6 6:30-7:30 PM (1 class) Res \$12, Non-Res \$13  
**Children 3 and under**

**Code: 165806-B** Tu., 2/6 6:30-7:30 PM (1 class) No charge

## NEW!! Total Eclipse of the Park

**Ages:** Open to families  
Save the date for the Total Eclipse of the Park! On April 8, 2024, Perinton will be in the path of a total solar eclipse for the first time since 1925. Join us to celebrate this once in a lifetime event at the Perinton Community Center with food trucks, music and plenty of fun activities. If your family is interested in some extra fun, we will be offering a fun pass, granting you access to *Star Wars* bounce houses, swimming and guaranteeing a pair of eclipse glasses. The next total eclipse to pass over Rochester will be in the year 2144, so don't miss your chance to see this incredible phenomenon at the Perinton Community Center.

**Location:** Center Park

**Date:** M., 4/8

Eclipse Viewing Time: 2:07-4:30 PM with 3 minutes of totality at 3:20 PM  
12:30-6:00 PM

**Event Time:**

**Fun Pass:**

**Family Swim 12:30-2:30 PM / Bounce House Access 4:00-6:00 PM**

**Code: 162860-A** Single Registration \$8

**Code: 162860-B** Registration for 5 - \$35 (Register all family members attending)

**Bounce House Access 12:30-2:30 PM / Family Swim 4:00-6:00 PM**

**Code: 162860-C** Single Registration \$8

**Code: 162860-D** Registration for 5 - \$35 (Register all family members attending)

Eclipse Glasses 2 pair for \$5 **Code: 162860-E**

Free Viewing to enjoy Music and Food Trucks **Code: 162860-F**

**Not available on WebTrac.**

## Solar Eclipse Open House and Swim

**Ages:** Open to families  
Come to the Community Center for an afternoon of swimming and to see vendors for the 2024 Solar Eclipse. On display, we will have eclipse posters from around the region and vendors set up in the main lobby. After learning more about our eclipse event in April, head to the Aquatic Center for open swim. Please register online to guarantee a spot during open swim. Two time slots will be available, 12:00-2:00 PM and 2:00-4:00 PM. Time slots will be limited to the first 150 people to register. Standard drop-in swim rates will apply.

**Date:** Sat., 1/6 12:00-4:00 PM

## PARKS PROGRAMS

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

### Story Walk

*Goodbye, Friend! Hello, Friend!*

By Cori Doerrfeld

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

Every goodbye brings a new beginning. Goodbye to snowmen means hello to stomping in puddles! Goodbye to the sun means hello to the stars! Sometimes goodbyes are especially hard and sometimes new beginnings take time, but tomorrow always comes.

Author Cori Doerrfeld's poignant story follows two best friends as they help each other through life's transitions, both big and small.

Story Walk is displayed outdoors along the Amphitheater walkway.

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



## TENNIS COURTS

**Public Court Time** - Lit 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)**

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



Lit Pickleball Courts are open and available at no charge for your enjoyment.

Courts are located at: Fellows Road Park (6)

Please be courteous and limit play. 1 hour for singles, 1 ½ hours for doubles, if people are waiting.



### 2024 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

<b>Code:</b>	8' x 4' (single)	<b>548100-A</b>	\$28
	16' x 4' (double)	<b>548100-B</b>	\$50
	24' x 4' (triple)	<b>548100-C</b>	\$66

Existing 2023 garden members may register 9/23 thru 10/15. New members registration begins on 10/16.

**Not available on WebTrac.**

## 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](http://www.crescenttrail.org) or visit us on Facebook at [www.facebook.com/crescenttrail](http://www.facebook.com/crescenttrail). If you have an idea for a new hike or would like to lead a hike, send us an email at [crescenttrail@gmail.com](mailto:crescenttrail@gmail.com).

**Sunday September 10 1:30 PM**

Grandparents Hike with Fairy Houses. Meet at the Center Park West parking lot (1100 Ayrault Road).

**Sunday October 8 1:30 PM**

"Cars Along the Creek" Hike. Meet at 4 Mile Creek Preserve Parking Lot, 1433 Lake Road, Webster.

**Sunday November 12 1:30 PM**

Brewery Hike. Meet at the Lucien Morin Trailhead, 1135 Empire Boulevard, Rochester. We will visit K2 Brothers Brewery after the hike.

**Sunday December 10 1:30 PM**

Webster Park Hike. Meet at the Whiting Road Nature Preserve parking lot, 410 Whiting Road, Webster.

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

2024 Parks Reservations for Perinton Residents to start December 4th.

The Recreation and Parks Department will accept 2024 reservation applications for the Fellows Road Park Building, Perinton Park Building, White Brook Nature Area Building and town park shelters for Perinton residents beginning Monday, December 4. The month of December is for residents' reservations only. Reservations will be open to non-residents (and residents also) Wednesday, January 3.

The Fellows Road Park Building, Perinton Park Building and White Brook Nature Area Building will be available for reservations from January 2024 thru December 2024.

**Friday thru Sunday**, the resident fee for the Fellows Road Park and Perinton Park buildings is \$200 for Perinton residents, and the fee for White Brook is \$180. For non-residents, the fees will be \$250 for Fellows Road and Perinton Park, \$200 for White Brook.

**Monday thru Thursday**, the resident fee for the Fellows Road Park and Perinton Park is \$170, and the fee for White Brook is \$155. For non-residents, the fees will be \$215 for Fellows Road and Perinton Park, \$190 for White Brook.

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

Picnic shelters are located at Center Park, Egypt Park, Fellows Road Park, Kreag Road Park, Perinton Park and White Brook Nature Area and will be available for reservations from April 29 thru October 4. Electrical outlets are provided at all shelters.

For shelters, the fee for residents is \$100 and non-residents is \$150.

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

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

**ATTENTION: The first week (December 4-10) of parks reservations will be mail-in (or drop box) ONLY** and will be processed randomly. A tan drop box is available at the entrance of the Community Center to be used in lieu of mail-in reservations if desired. On Monday, December 11, reservations will be accepted in the office. Reminder - the month of December is for residents only; non-residents may start reserving 2024 dates in January 2024.



# 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.**

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

## Preschooler and Parent Drop-In Gym

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

**Location:** PCC

**Dates:** M.-F., 9/11-1/14 (ex. 10/9, 11/10, 11/23, 11/24, 12/25, 12/31, 1/1) 9:00-11:00 AM

**Fees:** \$5.00/child (resident), \$6.50/child (non-resident)  
No charge for parent or guardian.  
10x stamp passes available for Res (\$42.00) and Non-Res (\$56.00)  
**Not available on WebTrac.**

## Art and Sensory Play

**Ages:** 18 months – 7 years (adult participation required)  
This process-oriented art class is so much fun for young children. Not only do they make beautiful works of art, but they will explore STEAM concepts through the process. They will make art by using catapults, bouncing and throwing, rolling and shaking, gluing and pasting, blowing and pulling, whacking and smacking, and sticking and stacking! It will be so much fun! Please dress for a mess.

**Instructor:** Drew Beeman, Progressive Early Learning

**Location:** PCC

**Dates:** **Code: 428838-A** M., 9/11-10/2 10:30-11:15 AM (4 classes) Res \$60, Non-Res \$66  
**Code: 428838-B** M., 12/11-12/18 10:30-11:15 AM (2 classes) Res \$30, Non-Res \$33

## Baby Blades

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

**Instructor:** Pamela Warren

**Location:** Village Sports, 2380 Baird Road

**Dates:** **Code: 435824-A** Sun., 10/1-11/5 (ex. 10/29) 1:00-1:50 PM (5 classes) Res \$113, Non-Res \$123  
**Code: 435824-B** Sun., 11/12-12/17 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145  
**Code: 435824-C** Sun., 1/7-2/11 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145

## Busy Body Climbers

**Ages:** 2-4 years (adult participation required)  
Climbing the walls? No problem! This is a fun class to strengthen and use all of our muscles in a super safe way, while trying out climbing and jumping obstacles. Some structured and free play time with mats of all sizes, games and obstacle courses fit for all! Grow strong with USA Gymnastics Safety-Certified Coach Mary!

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 415840-C** F., 9/22-10/27 (ex. 10/6) 5:45-6:15 PM (5 classes) Res \$59, Non-Res \$65  
**Code: 415840-D** F., 9/22-10/27 (ex. 10/6) 6:15-6:45 PM (5 classes) Res \$59, Non-Res \$65

## Busy Body Tumblers

**Ages:** 2-4 years (adult participation required)  
Right side up, or upside down, tumbling is too much fun to miss! Put all that toddler energy to good use and learn valuable jumping and tumbling skills. There is no better sports foundation for coordination and strength than gymnastics! Some structured and free play time that is perfect for everyone! Grow strong with USA Gymnastics Safety-Certified Coach Mary!

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 415840-A** F., 11/3-12/15 (ex. 11/17, 11/24) 5:45-6:15 PM (5 classes) Res \$59, Non-Res \$65  
**Code: 415840-B** F., 11/3-12/15 (ex. 11/17, 11/24) 6:15-6:45 PM (5 classes) Res \$59, Non-Res \$65

## 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](http://www.butterflykidsyoga.com).

**Instructor:** Miss Nicki, Butterfly Kids Yoga Instructor

**Location:** PCC

**Dates:** **Code: 421100-A** M., 9/11-10/2 10:00-10:45 AM (4 classes) Res \$44, Non-Res \$48  
**Code: 421100-B** M., 10/16-11/13 10:00-10:45 AM (5 classes) Res \$55, Non-Res \$61  
**Code: 421100-C** M., 11/20-12/18 10:00-10:45 AM (5 classes) Res \$55, Non-Res \$61

**Register Online Using Our WebTrac System**  
**See Page 17**  
**<https://webtrac.perinton.org>**

## Creative Movement

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

**Instructor:** M.C. Classical Productions

**Location:** PCC

**Dates:** **Code: 415854-A** Sat., 9/16-10/14 10:00-10:30 AM (5 classes)  
Res \$40, Non-Res \$44  
**Code: 415854-B** Sat., 10/21-11/18 10:00-10:30 AM (5 classes)  
Res \$40, Non-Res \$44  
**Code: 415854-C** Sat., 12/2-1/13 (ex. 12/23, 12/30) 10:00-10:30 AM  
(5 classes) Res \$40, Non-Res \$44

## Dance With Me

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

**Instructor:** Ramona Reuter

**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3

**Dates:** **Code: 415898-A** Sat., 9/16-10/14 9:00-9:30 AM (5 classes)  
Res \$54, Non-Res \$59  
**Code: 415898-B** Sat., 10/21-11/18 9:00-9:30 AM (5 classes)  
Res \$54, Non-Res \$59  
**Code: 415898-C** Sat., 12/2-1/13 (ex. 12/23, 12/30) 9:00-9:30 AM  
(5 classes) Res \$54, Non-Res \$59

## Fall Friends Sports

**Ages:** 2-5 years (adult participation required)  
Come experience the thrill of running, shooting and scoring with kids just like you! Adapted skill introduction for our littlest athletes with big smiles. Fun games to play and drills for new skills in soccer, football and lacrosse! Different games and activities each session to keep learning and having fun with friends! Meet in the gym, outdoor space may be used, weather permitting.

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 415827-A** Th., 9/28-10/26 5:30-6:05 PM (5 classes)  
Res \$69, Non-Res \$76  
**Code: 415827-B** Th., 11/9-12/14 (ex. 11/23) 5:30-6:05 PM  
(5 classes) Res \$69, Non-Res \$76

## Fun with Ones

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

**Instructor:** Sharilyn Ross

**Location:** PCC

**Dates:** **Code: 415803-A** Tu., 9/19-10/10 9:30-10:15 AM (4 classes)  
Res \$36, Non-Res \$40  
**Code: 415803-B** Tu., 10/17-11/7 9:30-10:15 AM (4 classes)  
Res \$36, Non-Res \$40  
**Code: 415803-C** Tu., 11/14-12/12 (ex. 11/21) 9:30-10:15 AM  
(4 classes) Res \$36, Non-Res \$40

## Gymnastic Jumpers

**Ages:** 3-6 years  
Run, jump and tumble for fun with friends! Skills using beams, mats, vaulting stacks and floor-bars will be introduced at each child's developmental level. There is nothing better than tumbling skills for lifelong coordination and a strong, healthy body!

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 435828-A** F., 10/20-11/17 12:20-1:00 PM (5 classes)  
Res \$59, Non-Res \$65

## LatinX Dance

**Ages:** 3-8 years  
This class is directed to participants of all ages with or without disability, who show interest in Latin American dances. No experience is required. The participants will learn different folkloric dances like Cumbia, Afro-Latino dances, Merengue, Bullerengue and the explanation of the cultural background. The program will conclude in a free showcase open to the community on 12/17.

**Instructor:** Evelyn D'Agostino

**Location:** PCC

**Dates:** **Code: 416800-A** Sun., 10/8-12/17 (ex. 10/15, 11/26) 4:00-5:00 PM  
(9 classes) No charge

## Lil' Athletes with Coach Lisa

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

**Instructor:** Lisa Magliato

**Location:** PCC

**Dates:** **Code: 411819-A** M., 9/18-10/23 (ex. 10/9) 1:30-2:15 PM  
(5 classes) Res \$79, Non-Res \$87  
**Code: 411819-B** M., 10/30-11/20 1:30-2:15 PM (4 classes)  
Res \$69, Non-Res \$76  
**Code: 411819-C** M., 11/27-12/18 1:30-2:15 PM (4 classes)  
Res \$69, Non-Res \$76

## Little Hands, Little Artists: Holly Jolly Christmas Ornaments!

See Youth and Teen Arts & Crafts and Cooking page 32

## Little Hands, Little Bakers: Apple Pies!

See Youth and Teen Arts & Crafts and Cooking page 32

## Little Hands, Little Bakers: Dino-mite Bakers!

See Youth and Teen Arts & Crafts and Cooking page 32

## Little Hands, Little Bakers: Reindeer Cupcakes!

See Youth and Teen Arts & Crafts and Cooking page 32

## Moving and Grooving

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

**Instructor:** Elizabeth Clough

**Location:** PCC

**Dates:** **Code: 416831-A** Th., 9/14-10/5 10:30-11:15 AM (4 classes)  
Res \$50, Non-Res \$55



## Music for Mommy and Me

**Ages:** 0-1 ½ years (adult participation required)  
Connect with your baby through music! Join us for an opportunity to engage with your baby through making music and movement. Different forms of sensory will be provided throughout the class to increase your connection with your baby as well as encourage developmental growth in your infant. Instruments and equipment will be provided.

**Instructor:** Elizabeth Clough  
**Location:** PCC  
**Dates:** **Code: 416830-A** Th., 9/14-10/5 9:30-10:15 AM (4 classes)  
Res \$50, Non-Res \$55

## Peppy Pints

**Ages:** 20 months – 4 years (adult participation required)  
Fun, fall sports for your little teammate! Grow strong as we try out soccer and football to help us learn to kick, throw and catch! Every class includes our popular gross-motor obstacle course to run and jump with new friends! Lessons and games are designed to introduce skills, engage and empower each child!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 415826-A** Th., 9/28-10/19 10:15-10:45 AM (4 classes)  
Res \$59, Non-Res \$65

## Pint Sized Picassos

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

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 418222-A** W., 9/20-10/11 10:00-10:45 AM (4 classes)  
Res \$40, Non-Res \$44  
**Code: 418222-B** W., 10/18-11/8 10:00-10:45 AM (4 classes)  
Res \$40, Non-Res \$44  
**Code: 418222-C** W., 11/15-12/13 (ex. 11/22) 10:00-10:45 AM (4 classes)  
Res \$40, Non-Res \$44



## Pre-Ballet and Tap I & II

**Ages:** 2 ½-4 ½ years  
In Pre-Ballet and Tap, children will have fun learning basic ballet and tap steps, exploring creative dance, and developing their coordination, musicality, imagination and creativity. We use lots of props and dance to a variety of styles of music. For girls, leotards and tights and pull hair back out of the face; boys wear gym shorts or sweats and t-shirts. Ballet and tap shoes required.

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **PRE-BALLET & TAP I - AGES 2 ½-3 ½ YEARS**  
**Code: 416815-A** F., 9/15-12/15 (ex. 10/13, 11/10, 11/24) 10:30-11:15 AM (11 classes) Res \$110, Non-Res \$120  
**PRE-BALLET & TAP II - AGES 3 ½-4 ½ YEARS**  
**Code: 416815-B** F., 9/15-12/15 (ex. 10/13, 11/10, 11/24) 3:45-4:30 PM (11 classes) Res \$110, Non-Res \$120

## Preschool Adventures

**Ages:** 2-6 years (adult participation required)  
Preschool Adventures is a unique class that is designed as a stress free way for children to be introduced to the preschool experience. Children will practice following directions, active listening, taking turns/sharing, and proper use of classroom materials as well as identifying colors, numbers and shapes. Each class will have a story and 6+ crafts and activities that follow a weekly theme.

**Instructor:** Sherry Murray  
**Location:** PCC  
**Dates:** **Code: 428828-E** Tu., 10/10-10/31 10:00-11:00 AM (4 classes)  
Res \$60, Non-Res \$66

## Preschool Adventures: Dinosaurs

**Ages:** 2-6 years (adult participation required)  
Does your little one love dinosaurs? Come join us for some dinosaur stories, crafts and songs. We'll explore fossils, make a dinosaur hat, dance and explode volcanoes for a roaring good time!

**Instructor:** Sherry Murray  
**Location:** PCC  
**Date:** **Code: 428828-L** Tu., 9/12 10:00-11:00 AM (1 class) Res \$16, Non-Res \$18

## Preschool Adventures: The Gingerbread Man

**Ages:** 2-6 years (adult participation required)  
Run run as fast as you can, you can't catch me, I'm the Gingerbread Man! We will follow clues and go on a hunt through the Community Center after reading the story about this naughty cookie and see if we can find him. Then 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  
**Date:** **Code: 428828-A** Tu., 12/19 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22



## PRESCHOOL

### 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., 9/21-10/12 9:30-10:30 AM (4 classes) Res \$44, Non-Res \$48  
**Code: 415811-B** Th., 10/19-11/9 9:30-10:30 AM (4 classes) Res \$44, Non-Res \$48  
**Code: 415811-C** Th., 11/16-12/14 (ex. 11/23, 12/7) 9:30-10:30 AM (3 classes) Res \$33, Non-Res \$36

### Sensory and Science

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

**Instructor:** Drew Beeman, Progressive Early Learning  
**Location:** PCC

**Dates:** **Code: 428832-A** M., 11/13-12/4 10:30-11:30 AM (4 classes) Res \$60, Non-Res \$66

### STEAM Powered Play

**Ages:** 15 months-7 years (adult participation required)  
This class provides a fun, meaningful and relevant playful learning experience for young children. We provide materials and activities that lay the foundation for STEAM learning (Science, Technology, Engineering, Arts and Math). Children will learn concepts and practice skills through hands-on exploration and play such as creative problem solving, critical thinking, self-regulation and more.

**Instructor:** Drew Beeman, Progressive Early Learning  
**Location:** PCC

**Dates:** **Code: 428829-A** M., 10/16-11/6 10:30-11:30 AM (4 classes) Res \$60, Non-Res \$66

### Teeny Tiny Artists: Barnyard Palooza!

**Ages:** 20 months - 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., 9/16 10:00-10:45 AM (1 class) Res \$16, Non-Res \$18



### Teeny Tiny Artists: Transportation Stations!

**Ages:** 20 months - 4 years (adult participation required)  
If your little one loves trucks, trains, planes and boats, then this is the class for you! We will create 4 art projects at each art transportation station! You'll have a great time as we practice stamping, cutting, pasting different art materials and even painting with trucks! We will end class with a mini-circle time with a read-aloud and songs!

**Instructor:** Ginny Schenker  
**Location:** PCC

**Date:** **Code: 412901-B** Sat., 10/21 10:00-10:45 AM (1 class) Res \$16, Non-Res \$18

### Terrific Twos and Threes

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

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

**Dates:** **Code: 411820-A** Tu., 9/19-10/10 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 411820-B** Tu., 10/17-11/7 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 411820-C** Tu., 11/14-12/12 (ex. 11/21) 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40

### Tiny Trotters

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

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

**Dates:** **Code: 425752-A** Tu., 9/12-10/10 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210  
**Code: 425752-B** W., 9/13-10/11 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210  
**Code: 425752-C** F., 9/15-10/13 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210  
**Code: 425752-D** Tu., 10/17-11/14 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210  
**Code: 425752-E** W., 10/18-11/15 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210  
**Code: 425752-F** F., 10/20-11/17 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210  
**Code: 425752-G** Tu., 11/28-12/19 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 425752-H** W., 11/29-12/20 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 425752-I** F., 12/1-12/22 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170

**Register Online Using Our WebTrac System**  
**See Page 17**  
<https://webtrac.perinton.org>



# YOUTH AND TEEN

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

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

## Acting

Instructor: Edward Rocha, Bravo! Creative Arts  
Location: PCC, Pittsford Community Center & Penfield Community Center

## We Are Monsters

Ages: 8-13 years  
We Are Monsters is a hilarious new musical that follows human kids into a monster cabaret filled with quirky monster characters. The adventurous humans uncover vegetarian vampires and rock n roll werewolves, gradually realizing there may be more to these monsters than meets the eye! Most importantly, these monsters and kids discover the importance of friendship and celebrating in the attributes that make each of us different and unique. Performances will take place at Pittsford Community Center on Sun., 10/22 at 2:00 PM, 3:00 PM & 4:00 PM.  
Dates: **Code: 425232-A** F., 9/22-10/20 5:30-7:00 PM (PCC) & Sat., 9/9-10/21 12:30-2:30 PM (Pittsford Community Center) Res \$200, Non-Res \$210

## Journey of the Noble Gnarble

Ages: 5-10 years  
The ocean floor is filled with the rarest of creatures, but none are as rare as Gnarbles. Their fins are small, their tails are floppy, and they have never strayed far from their homes...until now. *Journey of the Noble Gnarble* is a story of a little gnarble with a big dream, who tries to make it past doubting blyfish, sneaky subbalubbles, and hungry plinks on his way to the surface of the sea. Along the way, he befriends the glinny glims who teach him the importance of positivity and determination! Performances will take place at the Pittsford Community Center on Sun., 11/12 at 2:00 PM & 4:00 PM  
Dates: **Code: 425232-B** Sat., 9/9-11/11 11:00 AM-12:00 PM (Pittsford Community Center) Res \$200, Non-Res \$210

## Mean Girls Jr.

Ages: 11-18 years  
Cady Heron may have grown up on an African savanna, but nothing prepared her for the wild and vicious ways of her strange new home: suburban Illinois. How will this naïve newbie rise to the top of the popularity pecking order? By taking on the Plastics, a trio of lionized frenemies led by the charming but ruthless Regina George. Cady and her friends devise a "Revenge Party" to end Regina's reign with Cady going undercover as an aspiring Plastic. When the lines between the real Cady and her Plastic self get blurred, she must find her way back to herself and her true friends. Production week and performances will be held at the Penfield Community Center. Production week 12/11-12/15. Performances Sat., 12/16 at 4:00 PM & 7:00 PM and Sun., 12/17 at 4:00 PM.  
Dates: **Code: 425232-C** Sat., 9/16-12/9 3:00-5:00 PM (Pittsford Community Center) & Sun., 10/15-12/10 (Penfield Community Center) Res \$200, Non-Res \$210

## Matilda Jr.

Ages: 8-18 years  
Matilda has astonishing wit, intelligence.....and special powers! She's unloved by her cruel parents but impresses her schoolteacher, the highly loveable Miss Honey. Matilda's school life isn't completely smooth sailing, however - the school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace! Production week and performances will be held at the Penfield Community Center. Production week 3/18-3/22 5:00-7:00 PM. Performances Sat., 3/23 at 2:00 PM & 6:00 PM and Sun., 3/24 at 2:00 PM.  
Dates: **Code: 425232-D** F., 1/12-3/8 6:00-7:30 PM (PCC), Sat., 11/11-3/9 12:30-2:30 PM (Pittsford Community Center), F., 3/15 6:00-7:30 PM (Penfield Community Center) & Sat., 3/16 12:30-2:30 PM (Penfield Community Center) Res \$200, Non-Res \$210

## Seussical Kids

Ages: 5-10 years  
Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat, our narrator, tells the story of Horton, an elephant who discovers a speck of dust containing tiny people called the Whos, including Jojo, a Who child, who gets in trouble for thinking too many "thinks." Horton's challenge is twofold - not only must he protect the Whos from a world of naysayers and dangers, but he must also guard an abandoned egg that's been left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger, kidnapping and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant. Performances will take place at the Pittsford Community Center on Sun., 3/10 at 2:00 PM & 4:00 PM.  
Dates: **Code: 125232-A** F., 1/12-3/8 5:00-6:00 PM (PCC) and Sat., 1/6-3/9 11:00 AM-12:30 PM (Pittsford Community Center) Res \$200, Non-Res \$210

## The Drowsy Chaperone Jr.

Ages: 11-18 years  
A man shares with the audience his favorite record - the 1928 musical *The Drowsy Chaperone*. As he plays the record, the show comes to life in his apartment. Mix in two lovebirds on the eve of the wedding, a bumbling best man, a desperate theatre producer, a not-so-bright hostess, gangsters posing as pastry chefs, a misguided Don Juan and a sleepy chaperone, and you have the ingredients for a show that will have everyone laughing. Production week and performances will be held at the Penfield Community Center. Production week 3/18-3/22 5:00-7:00 PM. Performances Sat., 3/23 at 4:00 PM & 8:00 PM and Sun., 3/24 4:00 PM.  
Dates: **Code: 125232-B** Sat., 1/6-3/9 3:00-5:00 PM (Pittsford Community Center), Sun., 1/7-3/17 3:00-5:00 PM (Penfield Community Center) and Sat., 3/16 3:00-5:00 PM (Penfield Community Center) Res \$200, Non-Res \$210

## YOUTH & TEEN

### Winter Break Theatre Camp: Disney's Wish

**Ages:** 5-14 years  
Campers will enjoy learning songs and dances from Disney's *Wish*. Camp week will end Friday at 3:30 PM in a presentation where your child will shine! It's a great show for friends and family to celebrate what the campers have learned throughout the week. Campers will need a packed lunch, filled water bottle, and 2 snacks each day. Campers should wear comfortable clothing and shoes that permit movement for dancing.

**Dates:** **Code: 125232-C** M.-F., 2/19-2/23 9:00 AM-3:30 PM (5 classes)  
Res \$200, Non-Res \$210 (PCC)  
**Code: 125232-CC** M.-F., 2/19-2/23 8:00 AM-5:00 PM (5 classes)  
Res \$280, Non-Res \$290 (PCC)

### Actors Needed to "Be a Who"

**Ages:** 7-13 years  
Calling all wanna be "Whos"! Join us for a fun-filled morning at the "Visit With The Grinch." No acting experience needed. All "Whos" must be available to attend both rehearsals and "Visit With The Grinch" on Sunday, December 3.

**Location:** PCC

**Dates:** **Code: 425832-A** Tu. & Th., 11/28-11/30 6:00-7:00 PM (2 classes)  
No charge

### 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 computers and have time to complete schoolwork. A snack will be provided each day in both classrooms. This is a safe and enjoyable way to spend your days after school.

**Location:** PCC

**Days:** M.-F., (ex. School holidays and half days)

**Times:** End of school day - 6:00 PM

**Cost:** Fall Semester

**K - 3**  
**Code: 425538-A** (\$960 - payable in one installment)  
**Code: 425538-B** (\$1,000 - payable in \$250/month installments)

**4 - 6**  
**Code: 425538-C** (\$960 - payable in one installment)  
**Code: 425538-D** (\$1,000 - payable in \$250/month installments)

**Registration:** Please send form to Michael Clark at the Perinton Community Center. Please fill out regular registration form. An information packet will be mailed to you 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).

**Register Online Using Our WebTrac System**  
**See Page 17**  
<https://webtrac.perinton.org>



### All About Tumbling

**Ages:** 5-10 years  
Have fun while learning basic to advanced tumbling skills. All levels welcome. Skills taught to individual abilities. Stretching and strengthening exercises as well as cartwheels, handstands, walkovers up to handsprings and more. A great class for building self-confidence, motor skills, coordination and body awareness.

**Instructor:** Wendy Reback

**Location:** PCC

**Dates:** **Code: 421813-A** M., 9/11-12/18 (ex. 9/25, 10/9, 10/16) 4:45-5:30 PM (12 classes) Res \$156, Non-Res \$166

### 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., 9/11-12/11 (ex. 10/13) 4:30-5:15 PM (13 classes) Res \$130, Non-Res \$140

### Beginning Ballet

**Ages:** 4 1/2-6 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., 9/15-12/15 (ex. 10/13, 11/10, 11/24) 4:30-5:15 PM (11 classes) Res \$110, Non-Res \$120

### Boatsafe NY - Boating Safety Certificate Course

See Adult page 40





## Fall Youth Soccer

**Grades:** K-5, Co-Ed  
This is an instructional soccer program focused on fundamentals and fun! A limited number of youth may participate dependent on coach and field availability. Registration closes on August 23, however the program may fill prior to this date.

**Coaches:** Volunteers are needed! Teams are coached by enthusiastic people who volunteer their time so that children can have a great experience and enjoy the sport. No formal soccer experience is required. If interested in coaching, please complete the form, following this QR code, or email Kelly at [kattridge@perinton.org](mailto:kattridge@perinton.org), no later than August 14. We perform background checks on all of our youth sport coaches. A mandatory coaches' meeting will take place on Monday, August 28 at 6:00 PM.

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

**Dates:** Begins the week of September 11. (9/11-10/21)

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

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

**Fee:** Res \$70, Non-Res \$77

**Dates:** **Grades K-1**  
**Code: 424721-AA** Practice Monday  
**Code: 424721-AB** Practice Tuesday  
**Code: 424721-AC** Practice Wednesday  
**Code: 424721-AD** Practice Thursday  
**Grades 2-3**  
**Code: 424721-BA** Practice Monday  
**Code: 424721-BB** Practice Tuesday  
**Code: 424721-BC** Practice Wednesday  
**Code: 424721-BD** Practice Thursday  
**Grades 4-5**  
**Code: 424721-CA** Practice Monday  
**Code: 424721-CB** Practice Tuesday  
**Code: 424721-CC** Practice Wednesday  
**Code: 424721-CD** Practice Thursday



## FITKids

**Ages:** 5-7 years  
Does your child pretend to play with light sabers or swords? Then come try the Olympic sport of fencing in a fun and safe environment! Children will master the basic footwork and tactics through fun games and exercises. All equipment is provided. If you are not currently registered with USA Fencing, please bring \$10 to your first class in order to do so, per USA Fencing regulations.

**Instructors:** Rochester Fencing Club Staff

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

**Dates:** **Code: 421835-A** W., 10/4-10/25 4:00-4:45 PM (4 classes)  
Res \$60, Non-Res \$66

## Friends N Fun

**Ages:** 13 years and over  
This socially engaging program is offered throughout the school year. Activities include arts and crafts, cooking, music, bowling, field trips and much more. Activity schedule will be mailed/ emailed bi-monthly. A one-time registration per school calendar year (September 2023 - June 2024) is required to become a Friends N Fun member. Additional costs may apply for each activity. Registered members should call 223-5050 to sign up for additional activities.

**Supervisors:** Lindsey Schwartz & Joyce Monnat

**Location:** Varies

**Residents:** **Code: 425807-A** No charge

**Non-Residents:** **Code: 425807-B** No charge  
**Not available on WebTrac.**

## Gymnastics Club

**Ages:** 4 1/2-10 years  
This class offers gymnastics lessons for a limited-size group using beams, mats, floor bars and mini-tramp vaulting. Accomplish a solid tumbling foundation with attention to each child's strengths. Skills will be built upon in each of the sessions. Gymnastics is great for the whole body strength and balance, offering cross over fundamentals for many sports.

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 435827-A** F., 9/22-10/27 (ex. 10/6) 4:20-5:00 PM (5 classes) Res \$69, Non-Res \$76  
**Code: 435827-C** F., 11/3-12/15 (ex. 11/17, 11/24) 4:20-5:00 PM (5 classes) Res \$69, Non-Res \$76  
**Must be able to do cartwheel & bridge**  
**Code: 435827-B** F., 9/22-10/27 (ex. 10/6) 5:00-5:40 PM (5 classes) Res \$69, Non-Res \$76  
**Code: 435827-D** F., 11/3-12/15 (ex. 11/17, 11/24) 5:00-5:40 PM (5 classes) Res \$69, Non-Res \$76

## Home Alone Safety

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

**Instructor:** Jerry Bennett

**Location:** PCC

**Dates:** **Code: 435809-A** Tu., 10/3 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22  
**Code: 435809-B** Tu., 12/5 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22

## NEW!! How to Get That Healthy Skin Care Glow

**Ages:** 11 years and over  
Stop scrolling through Tik Tok and join us for a hands-on approach to your skin care. Let's get your skin to a no filter needed healthy glow.

**Instructor:** Colleen Beckwith

**Location:** PCC

**Date:** **Code: 435891-A** Sat., 9/23 10:00-11:00 AM (1 class) Res \$5, Non-Res \$6

## YOUTH & TEEN

### Iaido – Learn Samurai Sword Techniques!

See Adult page 44

#### Intro to Horseback Riding

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

**Instructors:** JLD Equine Trainers  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 435752-A** W., 9/13-10/11 4:00-5:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-B** F., 9/15-10/13 5:00-6:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-C** Sat., 9/16-10/14 11:00 AM-12:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-D** Sat., 9/16-10/14 1:00-2:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-E** W., 10/18-11/15 4:00-5:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-F** F., 10/20-11/17 5:00-6:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-G** Sat., 10/21-11/18 11:00 AM-12:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-H** Sat., 10/21-11/18 1:00-2:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 435752-I** W., 11/29-12/20 4:00-5:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 435752-J** F., 12/1-12/22 5:00-6:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 435752-K** Sat., 12/2-12/16 11:00 AM-12:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 435752-L** Sat., 12/2-12/16 1:00-2:00 PM (3 classes) Res \$135, Non-Res \$145

### Isshin-Ryu Karate – Beginner through Yellow Belts

**Ages:** 6 years and over  
Introduction and continuation of fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere. Students will learn blocks, kicks, punches and stances, along with personal security and self-defense basics. Learn at your own pace while building fitness, confidence, balance and coordination in a fun, non-threatening setting.

**Instructor:** Sensei Ann Peck  
**Location:** PCC  
**Dates:** **Code: 425808-A** W., 9/13-1/10 (ex. 11/22, 12/27) 5:30-6:20 PM (16 classes) Res \$192, Non-Res \$202

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

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

**Instructor:** Sensei Ann Peck  
**Location:** PCC  
**Dates:** **Code: 425808-B** W., 9/13-1/10 (ex. 11/22, 12/27) 6:30-7:20 PM (16 classes) Res \$192, Non-Res \$202  
**Code: 425808-BB** M., 9/11-1/8 (ex. 12/25, 1/1) 6:00-7:00 PM (16 classes) Res \$192, Non-Res \$202

### 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., 9/13-1/10 (ex. 11/22, 12/27) 7:30-8:20 PM (16 classes) Res \$192, Non-Res \$202

### Kid's Fun Spanish

**Ages:** 6-12 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 gain 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., 9/21-10/19 3:50-4:40 PM (5 classes) Res \$118, Non-Res \$128

### LatinX Dance

**Ages:** 3 years and over  
This class is directed to participants of all ages with or without disability, who show interest in Latin American dances. No experience is required. The participants will learn different folkloric dances like Cumbia, Afro-Latino dances, Merengue, Bullerengue and the explanation of the cultural background. The program will conclude in a free showcase open to the community on 12/17.

**Instructor:** Evelyn D'Agostino  
**Location:** PCC  
**Dates:** **3-8 years**  
**Code: 416800-A** Sun., 10/8-12/17 (ex. 10/15, 11/26) 4:00-5:00 PM (9 classes) No charge  
**9 years and over**  
**Code: 416800-B** Sun., 10/8-12/17 (ex. 10/15, 11/26) 3:00-4:00 PM (9 classes) No charge

### Learn to Skate

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

**Instructor:** Pamela Warren  
**Location:** Village Sports, 2380 Baird Road  
**Dates:** **Code: 435824-D** Sun., 10/1-11/5 (ex. 10/29) 1:00-1:50 PM (5 classes) Res \$113, Non-Res \$123  
**Code: 435824-E** Sun., 11/12-12/17 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145  
**Code: 435824-F** Sun., 1/7-2/11 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145





## NEW!! Perfecting Your Color Palette

**Ages:** 11 years and over  
Stop scrolling through Tik Tok and join us for a hands-on approach to your makeup. You'll learn which makeup colors will draw attention to your eyes, make your lips look healthy and application tips.

**Instructor:** Colleen Beckwith  
**Location:** PCC  
**Date:** **Code: 425908-A** Sat., 9/30 10:00-11:00 AM (1 class) Res \$5, Non-Res \$6

## Ready, Set...SCORE!!

**Ages:** 4-6 years  
Full-speed, friendly fun sports in the gym! Join friends and Coach Mary for running with soccer skills, shooting for basketball and agility for volleyball! Discover all of the ways to have fun and be fit! Each session has new activities to try!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 435833-A** Th., 9/28-10/26 4:15-4:45 PM (5 classes) Res \$69, Non-Res \$76  
**Code: 435833-B** Th., 11/9-12/14 (ex. 11/23) 4:15-4:45 PM (5 classes) Res \$69, Non-Res \$76

## Rochester Jr. Amerks - Intro to Ice Skating and Youth Hockey

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

**Instructors:** Rochester Jr. Amerks  
**Location:** Rochester Ice Center, 80 Lyndon Road  
**Dates:** **Code: 421200-A** Sat., 10/14-12/16 (ex. 11/4, 11/25, 12/2) 8:00-9:00 AM (7 classes) Res \$70, Non-Res \$77

## Running Club

**Ages:** 5-10 years  
Join this high energy class as we will make tracks running for time, distance and speed! Set goals and reach them! Each session offers different activities, games and obstacle courses to challenge and empower each runner! Both sessions include tips and techniques for improving running stride, gait and power! Meet up in the gym; outdoor space may be used, weather permitting.

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 424866-A** Th., 9/28-10/26 4:45-5:30 PM (5 classes) Res \$79, Non-Res \$87  
**Code: 424866-B** Th., 11/9-12/14 (ex. 11/23) 4:45-5:30 PM (5 classes) Res \$79, Non-Res \$87



## Safety First for Children & Basic First Aid for Children

**Ages:** 7-13 years  
Students will learn home alone skills, which include how to answer the door and the phone. Internet safety, fire safety, poison control and much more will also be covered. Each student will learn basic safety skills such as putting on and taking off gloves, how to stop bleeding, how to help someone who is choking, tying a sling and more. Each student will receive a certificate and a bag of resources.

**Instructors:** Ready to Respond Safety Instructors  
**Location:** PCC  
**Dates:** **Code: 425234-A** Sat., 9/16 9:00 AM-12:45 PM (1 class) Res \$60, Non-Res \$66

## NEW!! SAT/ACT Boot Camp

**Ages:** 13-18 years  
Build a powerful foundation for SAT & ACT success in just 6 hours! Taught by Chariot Learning - Upstate New York's most well-known and respected test prep organization - this SAT/ACT Boot Camp provides a thorough review of the essential reading, writing, math and test taking skills and strategies for the most current versions of both exams. Pack your calculator and come ready to learn!

**Instructor:** Mike Bergin, Chariot Learning  
**Location:** PCC  
**Dates:** **Code: 435835-A** W., 9/20-10/4 6:00-8:00 PM (3 classes) Res \$200, Non-Res \$210  
**Code: 435835-B** M. & Tu., 11/20-11/21 4:00-7:00 PM (2 classes) Res \$200, Non-Res \$210

## Slave Experience and the Underground Railroad

See Adult page 45

## TAEKWONDO

### Children Beginning Taekwondo

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

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 445847-G** Th., 9/14-1/11 (ex. 10/5, 11/9, 11/23, 12/7, 12/28) 5:30-6:15 PM (13 classes) Res \$80, Non-Res \$88

### Family Taekwondo

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

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 445847-A** Th. & Sat., 9/14-1/13 (ex. 10/5, 10/7, 11/9, 11/11, 11/23, 11/25, 12/7, 12/9, 12/28, 12/30) Th., 6:30-7:15 PM & Sat., 9:15-10:00 AM (26 classes) Res \$95, Non-Res \$105  
**Code: 445847-B** Th., 9/14-1/11 (ex. 10/5, 11/9, 11/23, 12/7, 12/28) 6:30-7:30 PM (13 classes) Res \$80, Non-Res \$88  
**Code: 445847-C** Sat., 9/16-1/13 (ex. 10/7, 11/11, 11/25, 12/9, 12/30) 9:15-10:00 AM (13 classes) Res \$80, Non-Res \$88

## YOUTH & TEEN

### Advanced Taekwondo – Green Belt and Up

**Ages:** 8 years and over  
Advancing in Taekwondo, students that are green 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** Th. & Sat., 9/14-1/13 (ex. 10/5, 10/7, 11/9, 11/11, 11/23, 11/25, 12/7, 12/9, 12/28, 12/30) Th., 6:30-7:15 PM & Sat., 10:00-10:45 AM (26 classes) Res \$95, Non-Res \$105

### Teen Activity Nights

**Ages:** 11-15 years  
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 9/29, registration deadline 9/22), 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  
**Location:** PCC  
**Date:** **Code: 436105-A** F, 9/29 7:00-9:00 PM Res \$12, Non-Res \$13

### 3 v 3 Basketball

**Ages:** 11-15 years  
**Location:** PCC  
**Date:** **Code: 436105-B** F, 10/20 7:00-9:00 PM Res \$12, Non-Res \$13

### Vodgeball Tournament

**Ages:** 12-15 years  
**Location:** PCC  
**Date:** **Code: 436105-C** F, 11/3 7:00-9:00 PM Res \$12, Non-Res \$13

### Dinner & Movie – Guardians of the Galaxy Vol. 3

**Ages:** 12-15 years  
**Location:** PCC  
**Date:** **Code: 436105-D** F, 12/1 5:00-9:00 PM Res \$12, Non-Res \$13

### World Cup Soccer

**Ages:** 11-14 years  
**Location:** PCC  
**Date:** **Code: 436105-E** F, 12/15 7:00-9:00 PM Res \$12, Non-Res \$13

### Splash Party

**Ages:** 11-13 years  
**Location:** PCC  
**Date:** **Code: 436105-F** F, 1/12 7:00-9:00 PM Res \$12, Non-Res \$13

### The Science of Minecraft

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

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 415853-A** W., 11/1-11/8 4:15-5:15 PM (2 classes) Res \$22, Non-Res \$24  
**Code: 415853-B** W., 1/3-1/10 4:15-5:15 PM (2 classes) Res \$22, Non-Res \$24

### Western Riding for All Ages

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

**Instructors:** JLD Equine Trainers  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 425911-A** W., 9/13-10/11 7:00-8:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 425911-B** W., 10/18-11/15 7:00-8:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 425911-C** W., 11/29-12/20 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190





# YOUTH & TEEN ARTS & CRAFTS AND COOKING

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

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

## NEW!! AMERICAN GIRL DOLL ADVENTURES

**Ages:** 6 years and over  
Creative classes for kids to make custom accessories for their dolls. (Any doll 18" or smaller is welcome). Please bring a sharp pair of scissors to class. Please visit the instructor's website for more information: [www.dolladventuresroc.weebly.com](http://www.dolladventuresroc.weebly.com)

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

### SLEEPING BAGS AND S'MORES

We will make a sleeping bag and a campfire for our dolls to enjoy.  
**Date:** **Code: 438828-A** Th., 9/28 6:00-7:15 PM (1 class) Res \$20, Non-Res \$22

### PLAYFUL PETS

We will make a fish in a bowl, a hamster in a cage, a pet bed and food for our dolls' animals to enjoy.  
**Date:** **Code: 438828-B** Th., 11/30 6:00-7:15 PM (1 class) Res \$20, Non-Res \$22

### BEGINNER WOOD TURNING

See Adult Arts & Crafts and Cooking page 46

### CARTOONING FOR KIDS!

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

**Instructor:** Brian Petty  
**Location:** PCC  
**Dates:** **Code: 422870-A** Sat., 9/16 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17  
**Code: 422870-B** Sat., 10/21 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17  
**Code: 422870-C** Sat., 11/18 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17  
**Code: 422870-D** Sat., 12/16 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17



**Register Online Using Our WebTrac System**  
**See Page 17**  
**<https://webtrac.perinton.org>**

## NEW!! CREATIVE ARTISTS: CHRISTMAS COOKIES, CARDS AND CRAFTS!

**Ages:** 8-14 years  
In this fun and festive class, you'll enjoy baking several batches of traditional Christmas cookies from favorites like chocolate chip to gingerbread and strawberry jam thumbprint cookies to decorate and enjoy trying out a sugar cookie press! You'll love designing and personalizing your own Christmas cards with the art of printmaking! You are guaranteed surprise crafts that make great gifts! Please bring a container to class to bring your cookies home.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 412905-A** Sat., 12/9 9:00 AM-12:30 PM (1 class) Res \$50, Non-Res \$55

## NEW!! CROCHET A CUTE SNOWMAN

See Adult Arts & Crafts and Cooking page 46

## NEW!! CROCHET A SCRAPPY BLANKET

See Adult Arts & Crafts and Cooking page 46

## NEW!! HARVEST MOON, TREE AND OWL ON CANVAS

See Adult Arts & Crafts and Cooking page 47

## NEW!! LEARN TO COOK CHICKEN PARMESAN

**Ages:** 8-14 years  
Your kids will love this cooking class where we will cover everything from kitchen safety and equipment to learning how to peel, cut and chop vegetables to cooking a complete meal! They will learn how to prepare a Caesar salad, cook chicken parmesan from scratch served with mixed vegetables and pasta along with a simple dessert. We will end class with a kitchen and equipment bingo game!

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 428852-A** Sat., 9/30 9:00 AM-12:00 PM (1 class) Res \$50, Non-Res \$55



## YOUTH & TEEN ARTS & CRAFTS AND COOKING



### **NEW!! LEARN TO COOK CHICKEN POT PIE**

**Ages:** 8-14 years  
Come enjoy your day off from school by learning how to cook a delicious meal that you can say you made yourself! We will cover everything from kitchen safety and equipment to learning how to peel, cut and chop vegetables to preparing and baking a 6 inch chicken pot pie, side salad, and a simple dessert. We will end class learning how to set a table and practicing fancy napkin folding techniques!

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 428852-B** F, 11/10 9:00 AM-12:00 PM (1 class) Res \$50, Non-Res \$55

### **LEARN TO CROCHET**

See Adult Arts & Crafts and Cooking page 47

### **LITTLE HANDS, LITTLE ARTISTS: 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  
**Date:** **Code: 412902-A** Sat., 12/2 10:00-11:00 AM (1 class) Res \$18, Non-Res \$20

### **LITTLE HANDS, LITTLE BAKERS: APPLE PIES!**

**Ages:** 3-7 years (adult participation required)  
Come celebrate Johnny Appleseed Day! Each child will make and bake a 6 inch mini apple pie with their baking buddy to take home. While our pies are baking, we will read a story, make a hat, and a simple craft to learn about the delicious fruit he helped spread across the US! 2 children = 2 adults.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 421820-A** Sat., 10/14 10:00-11:30 AM (1 class) Res \$20, Non-Res \$22

### **LITTLE HANDS, LITTLE BAKERS: DINO-MITE BAKERS!**

**Ages:** 3-7 years (adult participation required)  
Come learn all about dinosaurs, fossils and the paleontologists who study them in this baking class! We will make a delicious chocolate dessert to learn all about the 'layers' of the earth and how fossils are formed! As our brownie bites bake, we will prepare the delectable chocolate layers of our dessert using cookies and candies. Paleontologists hat included for your dinosaur enthusiast! 2 children = 2 adults.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 421820-B** Sat., 11/11 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

### **NEW!! LITTLE HANDS, LITTLE BAKERS: REINDEER CUPCAKES!**

**Ages:** 3-7 years (adult participation required)  
This class is sure to get you excited for the holidays as we make and decorate festive reindeer cupcakes! As our cupcakes bake, we will read the story *Rudolf the Red Nosed Reindeer* and make our own 'reindeer food' using dry oats, cinnamon, and glitter to help guide Santa's sleigh to your house! Each child receives a party favor! Come make memories and leave the clean up to me!

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 421820-C** Sat., 12/16 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

### **NEW!! MINDFULNESS COOKIE DECORATING**

**Ages:** 8 years and over  
Students will learn a brief introduction about mindfulness practices and then will get to participate in learning how to use different mindfulness techniques while decorating cookies. Students will use different breathing strategies while making their beautiful cookies that they will get to take home.

**Instructor:** Anna LaDelfa  
**Location:** PCC  
**Dates:** **Code: 435886-A** Sat., 10/14 1:00-2:30 PM (1 class) Res \$35, Non-Res \$39  
**Code: 435886-B** Sat., 11/18 1:00-2:30 PM (1 class) Res \$35, Non-Res \$39  
**Code: 435886-C** Sat., 12/9 1:00-2:30 PM (1 class) Res \$35, Non-Res \$39  
**Code: 435886-D** Sat., 1/6 1:00-2:30 PM (1 class) Res \$35, Non-Res \$39

### **NEW!! NEEDLES AT NOON: KNITTED SOCKS**

See Adult Arts & Crafts and Cooking page 47

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

See Adult Arts & Crafts and Cooking page 47

### **NEXT STEPS IN ART**

**Ages:** 5-9 years  
Art lets us connect with the joy of creativity! This is true for both kids and adults. Join your young person in a relaxed class where each week we'll explore an artist, artistic technique or new medium. Projects will be geared towards both you and your young person participating in creating your art project together!

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 426810-A** W., 10/11-10/25 6:00-7:00 PM (3 classes) Res \$33, Non-Res \$36

### **NEW!! PUMPKINS MADE SIMPLE YET ELEGANT**

See Adult Arts & Crafts and Cooking page 47





	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	\$4.00	\$4.50	\$6.50	\$4.50	\$4.50	\$4.50	\$6.00	\$7.00	\$11.00	\$7.00
Monthly	\$28.00	\$35.00	\$52.00	\$35.00	\$35.00	\$35.00	\$40.00	\$45.00	\$70.00	\$45.00
20 Visit	\$44.00	\$50.00	\$73.00	\$50.00	\$50.00	\$50.00	\$74.00	\$105.00	\$160.00	\$105.00
6 Month	\$140.00	\$170.00	\$265.00	\$170.00	\$170.00	\$170.00	\$180.00	\$225.00	\$330.00	\$225.00
12 Month	\$250.00	\$305.00	\$470.00	\$305.00	\$305.00	\$305.00	\$325.00	\$395.00	\$595.00	\$395.00

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

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

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

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

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

## PERINTON AQUATIC CENTER POOL 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.

## AQUATICS

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



### 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 approved PFDs allowed.

**Dates:** M., W., & F., 9/12-11/12 (ex. 11/24) 8:45-10:45 AM

**Fees:** Res \$5 (1 adult & 1 child), Non-Res \$7 (1 adult & 1 child)  
\$2 each additional child (either Res or Non-Res)  
10x stamp pass - Res \$45, Non-Res \$63  
**Not available on WebTrac.**

### 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.-F. mornings 6:00-7:30 AM. Contact Laura at lsilins@perinton.org to begin your free 2 week trial!  
**Not available on WebTrac.**

### Red Cross Lifeguard Certification

**Ages:** 15 years and over  
American Red Cross Lifeguard Certification (2017 Updated Class). Registrants must pass a prerequisite swim of 300 continuous yard using front crawl and/or breaststroke, 2 minutes of treading without the use of arms, and a timed 20 yard swim with retrieval of 10 pound brick. Must complete prerequisite before registering. To set up a time to complete the swim, contact Sean Anne at sanne@perinton.org. All materials supplied. Time for lunch will be given. Completion of class does not guarantee employment with Perinton Aquatics. **Code will be given to register after completion of pre-requisite swim.**

**Instructors:** ARC Lifeguard Instructors

**Dates:** F.-Sun., 11/10-11/12 9:00 AM-5:00 PM (3 classes) Res \$165, Non-Res \$175  
**Not available on WebTrac.**

### Fitness Swim Class

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

**Instructor:** Brandon Lee

**Location:** PCC

**Dates:** **Code: 443901-A** Tu., 9/12-10/31 7:30-8:30 AM (8 classes) Res \$64, Non-Res \$70  
**Code: 443901-B** Tu., 11/7-1/9 (ex. 12/26) 7:30-8:30 AM (9 classes) Res \$72, Non-Res \$79  
**Code: 443901-C** Th., 9/14-11/2 8:30-9:30 AM (8 classes) Res \$64, Non-Res \$70  
**Code: 443901-D** Th., 11/9-1/11 (ex. 11/23) 8:30-9:30 AM (9 classes) Res \$72, Non-Res \$79  
**Code: 443901-E** Tu. & Th., 9/12-11/2 7:30-8:30 AM (Tu.) & 8:30-9:30 AM (Th.) (16 classes) Res \$128, Non-Res \$138  
**Code: 443901-F** Tu. & Th., 11/7-1/11 (ex. 11/23, 12/26) 7:30-8:30 AM (Tu.) & 8:30-9:30 AM (Th.) (18 classes) Res \$144, Non-Res \$154

### Skills and Drills

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

**Instructor:** Brandon Lee

**Location:** PCC

**Dates:** **Code: 443902-A** Th., 9/14-11/2 9:30-10:30 AM (8 classes) Res \$64, Non-Res \$70  
**Code: 443902-B** Th., 11/9-1/11 (ex. 11/23) 9:30-10:30 AM (9 classes) Res \$72, Non-Res \$79

### Introduction to Artistic Swimming

**Ages:** 7-14 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 which include some underwater and upside down skills. Swimmers must be able to pass a deep end test which is one lap of front crawl and treading for one minute.

**Instructor:** Elaine Morgillo

**Location:** PCC

**Dates:** **Code: 443910-A** W., 9/13-11/15 5:15-6:00 PM (10 classes) Res \$70, Non-Res \$77

### Red Cross Lifeguard Instructor Certification

**Ages:** 15 years and over  
The purpose of the instructor course is to train instructor candidates to teach the Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront skills, CPR/AED for the professional rescuers and Health Care Providers, Bloodborne Pathogens training and First Aid. Instructors will also become familiar with Junior Lifeguarding, Lifeguard Management, Safety Training for Swim Coaches and Basic Water rescue.

**Instructors:** ARC Lifeguard Instructors

**Dates:** **Code: 443386-A** W.-F., 1/3-1/5 9:00 AM-5:00 PM (3 classes) Res \$275, Non-Res \$285

## Private and Semi-Private Swimming Lessons

**Ages:** 2 ½ years and over

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

**Semi-Private Fees:** Semi-Private Lessons are for two participants who have registered to take class together.

- 5 classes – Res \$180, Non-Res \$190
- 6 classes – Res \$216, Non-Res \$226

### SUNDAY

**9/17-10/22**

**(6 classes) Res \$156, Non-Res \$166**

413120-CQ, CR, CS, CT or CU 9:45-10:15 AM  
413120-CV, CW, CX, CY or CZ 10:20-10:50 AM  
413120-D, DA, DB, DC or DD 10:55-11:25 AM  
413120-DE, DF, DG, DH or DI 11:30 AM-12:00 PM

**11/5-12/17 (ex. 11/26)**

**(6 classes) Res \$156, Non-Res \$166**

413120-ET, EU, EV, EW or EX 9:45-10:15 AM  
413120-EY, EZ, F, FA or FB 10:20-10:50 AM  
413120-FC, FD, FE, FF or FG 10:55-11:25 AM  
413120-FH, FI, FJ, FK or FL 11:30 AM-12:00 PM

### MONDAY

**9/18-10/23**

**(6 classes) Res \$156, Non-Res \$166**

413120-DP, DQ or GG 4:15-4:45 PM  
413120-DR, DS or DT 4:50-5:20 PM  
413120-DV, DW or DX 5:25-5:55 PM  
413120-DZ, E or BA 6:00-6:30 PM

**11/6-12/18 (ex. 11/20)**

**(6 classes) Res \$156, Non-Res \$166**

413120-FM, FN or FO 4:15-4:45 PM  
413120-FQ, FR or FS 4:50-5:20 PM  
413120-FT, FV or BE 5:25-5:55 PM  
413120-FW, FX or H 6:00-6:30 PM

### TUESDAY

**9/19-10/24**

**(6 classes) Res \$156, Non-Res \$166**

413120-A 9:30-10:00 AM  
413120-AA 10:00-10:30 AM  
413120-AB 10:30-11:00 AM  
413120-AF, AG or HD 4:15-4:45 PM  
413120-AH, AI or IM 4:50-5:20 PM  
413120-AJ, AK or IN 5:25-5:55 PM  
413120-AL, AM or IO 6:00-6:30 PM

**11/7-12/19 (ex. 11/21)**

**(6 classes) Res \$156, Non-Res \$166**

413120-IB 9:30-10:00 AM  
413120-ID 10:00-10:30 AM  
413120-IF 10:30-11:00 AM  
413120-FY, FZ or IK 4:15-4:45 PM  
413120-G, GA or GB 4:50-5:20 PM  
413120-GD, GE or GF 5:25-5:55 PM  
413120-GH, GI or IL 6:00-6:30 PM

### WEDNESDAY

**9/20-10/25**

**(6 classes) Res \$156, Non-Res \$166**

413120-AN, AO or AP 3:50-4:20 PM  
413120-AQ, AR or AS 4:25-4:55 PM  
413120-AT, AU or AV 5:00-5:30 PM

**11/8-12/20 (ex. 11/22)**

**(6 classes) Res \$156, Non-Res \$166**

413120-GJ, GK or GL 3:50-4:20 PM  
413120-GM, GN or GO 4:25-4:55 PM  
413120-GP, GQ or GR 5:00-5:30 PM

### THURSDAY

**9/21-10/26**

**(6 classes) Res \$156, Non-Res \$166**

413120-AW, AX or IP 4:15-4:45 PM  
413120-AY, AZ or B 4:50-5:20 PM  
413120-BB, BC or BD 5:25-5:55 PM  
413120-BF, BG or EA 6:00-6:30 PM

**11/9-12/21 (ex. 11/23)**

**(6 classes) Res \$156, Non-Res \$166**

413120-GV, GW or IH 4:15-4:45 PM  
413120-GX, GY or GZ 4:50-5:20 PM  
413120-HA, HB or HC 5:25-5:55 PM  
413120-HE, HF or IJ 6:00-6:30 PM

### FRIDAY

**9/22-10/27**

**(6 classes) Res \$156, Non-Res \$166**

413120-BL, BM or BN 3:45-4:15 PM  
413120-BO, BP or BQ 4:20-4:50 PM  
413120-BR, BS or BT 4:55-5:25 PM  
413120-BU, BV or BW 5:30-6:00 PM

**11/3-12/15 (ex. 11/24)**

**(5 classes) Res \$130, Non-Res \$140**

413120-HK, HL or HM 3:45-4:15 PM  
413120-HN, HO or HP 4:20-4:50 PM  
413120-HQ, HR or HS 4:55-5:25 PM  
413120-HT, HU or HV 5:30-6:00 PM

### SATURDAY

**9/23-10/28**

**(6 classes) Res \$156, Non-Res \$166**

413120-BX, BY, BZ or C 9:00-9:30 AM  
413120-CA, CB, CC or CD 9:35-10:05 AM  
413120-CE, CF, CG or CH 10:10-10:40 AM  
413120-CI, CJ, CK or CL 10:45-11:15 AM  
413120-CM, CN, CO or CP 11:20-11:50 AM

**11/4-12/16 (ex. 11/25)**

**(6 classes) Res \$156, Non-Res \$166**

413120-DU, EE, EF or EG 9:00-9:30 AM  
413120-DY, EH, EI or EJ 9:35-10:05 AM  
413120-EK, EL, EM or FP 10:10-10:40 AM  
413120-EN, EO, EP or FT 10:45-11:15 AM  
413120-EQ, ER, ES or GC 11:20-11:50 AM

**Register Online Using  
Our WebTrac System  
See Page 17**

<https://webtrac.perinton.org>



# AQUATICS

## GROUP SWIMMING LESSONS

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



### Waterbabies I

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

Learning Outcomes: Provides experiences and activities for children to:

- Learn to ask permission before entering the water
- Learn how to enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging to the mouth, nose, eyes and completely
- Explore buoyancy on the front and back position
- Change body position in the water
- Learn how to play safely

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

**7 classes - Res \$63, Non-Res \$69**

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

**413110-A** W., 9/20-10/25 10:30-11:00 AM (6 classes)

**413110-B** Th., 9/21-10/26 10:30-11:00 AM (6 classes)

**413110-C** Sat., 10/14-12/9 (ex. 11/25) 8:25-8:55 AM (8 classes)

**413110-D** Sat., 10/14-12/9 (ex. 11/25) 9:35-10:05 AM (8 classes)

**413110-E** Sat., 10/14-12/9 (ex. 11/25) 10:45-11:15 AM (8 classes)

**413110-F** Sat., 10/14-12/9 (ex. 11/25) 11:20-11:50 AM (8 classes)

**413110-G** Sun., 10/15-12/10 (ex. 11/26) 9:45-10:15 AM (8 classes)

**413110-H** Sun., 10/15-12/10 (ex. 11/26) 10:55-11:25 AM (8 classes)

**413110-I** Tu., 10/24-12/12 (ex. 11/21) 6:00-6:30 PM (7 classes)

**413110-J** W., 11/1-12/13 (ex. 11/22) 10:30-11:00 AM (6 classes)

**413110-K** Th., 11/2-12/14 (ex. 11/23) 10:30-11:00 AM (6 classes)

**413110-L** Th., 10/26-12/14 (ex. 11/23) 6:00-6:30 PM (7 classes)

### Waterbabies II

**Ages: 18 months - 2.99 years**  
(parent participation in water, swimsuit required)

Learning Outcomes: Provides experiences and activities for children to:

- Establish expectation for adult supervision
- Learn more ways to enter and exit the water in a safe manner
- Explore submerging in a rhythmic pattern
- Glide on front and back with assistance
- Perform combined stroke on front and back with assistance
- Change body position in water

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

**413111-A** Sat., 10/14-12/9 (ex. 11/25) 9:00-9:30 AM (8 classes)

**413111-B** Sat., 10/14-12/9 (ex. 11/25) 10:10-10:40 AM (8 classes)

**413111-C** Sun., 10/15-12/10 (ex. 11/26) 10:20-10:50 AM (8 classes)

### Nemos

**Ages: 3 - 3.99 years**

Learning Outcomes:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous arm/leg actions on front and back
- Combined arm and leg actions on front and back
- No prerequisite. Guaranteed 3:1 ratio for maximum benefit.

**7 classes - Res \$74, Non-Res \$81**

**8 classes - Res \$84, Non-Res \$92**

**413117-A** Sat., 10/14-12/9 (ex. 11/25) 9:35-10:05 AM (8 classes)

**413117-B** Sat., 10/14-12/9 (ex. 11/25) 10:10-10:40 AM (8 classes)

**413117-C** Sat., 10/14-12/9 (ex. 11/25) 10:45-11:15 AM (8 classes)

**413117-D** Sat., 10/14-12/9 (ex. 11/25) 11:20-11:50 AM (8 classes)

**413117-E** Tu., 10/24-12/12 (ex. 11/21) 4:50-5:20 PM (7 classes)

**413117-F** Tu., 10/24-12/12 (ex. 11/21) 6:00-6:30 PM (7 classes)

**413117-G** Th., 10/26-12/14 (ex. 11/23) 5:25-5:55 PM (7 classes)

### Squirts

**Ages: 4 - 5.99 years**

Learning Outcomes:

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- No prerequisite. Guaranteed 3:1 ratio for maximum benefit.

**7 classes - Res \$74, Non-Res \$81**

**8 classes - Res \$84, Non-Res \$92**

**413118-A** Sat., 10/14-12/9 (ex. 11/25) 9:00-9:30 AM (8 classes)

**413118-B** Sat., 10/14-12/9 (ex. 11/25) 10:45-11:15 AM (8 classes)

**413118-C** Sat., 10/14-12/9 (ex. 11/25) 11:20-11:50 AM (8 classes)

**413118-D** Tu., 10/24-12/12 (ex. 11/21) 4:50-5:20 PM (7 classes)

**413118-E** Tu., 10/24-12/12 (ex. 11/21) 6:00-6:30 PM (7 classes)

### Sea Urchins

**Ages: 3 - 5.99 years**

Learning Outcomes:

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

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

**7 classes - Res \$74, Non-Res \$81**

**8 classes - Res \$84, Non-Res \$92**

**413119-A** W., 9/20-10/25 9:30-10:00 AM (6 classes)

**413119-B** W., 9/20-10/25 10:00-10:30 AM (6 classes)

**413119-C** Th., 9/21-10/26 9:30-10:00 AM (6 classes)

**413119-D** Th., 9/21-10/26 10:00-10:30 AM (6 classes)

**413119-E** Sun., 10/15-12/10 (ex. 11/26) 11:30 AM-12:00 PM (8 classes)

**413119-F** Tu., 10/24-12/12 (ex. 11/21) 4:15-4:45 PM (7 classes)

**413119-G** W., 11/1-12/13 (ex. 11/22) 9:30-10:00 AM (6 classes)

**413119-H** W., 11/1-12/13 (ex. 11/22) 10:00-10:30 AM (6 classes)

**413119-I** W., 11/1-12/13 (ex. 11/22) 1:00-1:30 PM (6 classes)

**413119-J** W., 11/1-12/13 (ex. 11/22) 1:30-2:00 PM (6 classes)

**413119-K** W., 11/1-12/13 (ex. 11/22) 2:00-2:30 PM (6 classes)

**413119-L** W., 11/1-12/13 (ex. 11/22) 2:30-3:00 PM (6 classes)

**413119-M** Th., 11/2-12/14 (ex. 11/23) 9:30-10:00 AM (6 classes)

**413119-N** Th., 11/2-12/14 (ex. 11/23) 10:00-10:30 AM (6 classes)

**413119-O** Th., 11/2-12/14 (ex. 11/23) 1:00-1:30 PM (6 classes)

**413119-P** Th., 11/2-12/14 (ex. 11/23) 1:30-2:00 PM (6 classes)

**413119-Q** Th., 11/2-12/14 (ex. 11/23) 2:00-2:30 PM (6 classes)

**413119-R** Th., 11/2-12/14 (ex. 11/23) 2:30-3:00 PM (6 classes)

**413119-S** Th., 10/26-12/14 (ex. 11/23) 4:15-4:45 PM (7 classes)

**413119-T** Th., 10/26-12/14 (ex. 11/23) 6:00-6:30 PM (7 classes)

### Advanced Squirts

(Instructor Recommendation)

**Ages: 4 - 5.99 years**

This class is for children who have already been in Squirts and are not quite ready for Red Cross Level 2. The instructor will continue working on Level 1 requirements. The child must be recommended by the instructor.

**7 classes - Res \$74, Non-Res \$81**

**8 classes - Res \$84, Non-Res \$92**

**413116-A** Sat., 10/14-12/9 (ex. 11/25) 9:35-10:05 AM (8 classes)

**413116-B** Th., 10/26-12/14 (ex. 11/23) 4:50-5:20 PM (7 classes)

## American Red Cross Swim Lessons: Levels 1 - 6

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

### Red Cross Level 1

(Limited Experience)

**Ages: 6 - 8 years**

Class is designed for 6 - 8 year olds with limited swim experience.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm/leg actions on front and back
- Combined arm and leg actions on front and back
- No prerequisite. Guaranteed 5:1 ratio for maximum benefit.

**7 classes - Res \$63, Non-Res \$69**

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

- 423111-A** Sat., 10/14-12/9 (ex. 11/25) 9:00-9:30 AM (8 classes)  
**423111-B** Sat., 10/14-12/9 (ex. 11/25) 9:35-10:05 AM (8 classes)  
**423111-C** Sat., 10/14-12/9 (ex. 11/25) 10:10-10:40 AM (8 classes)  
**423111-D** Tu., 10/24-12/12 (ex. 11/21) 4:15-4:45 PM (7 classes)  
**423111-E** Tu., 10/24-12/12 (ex. 11/21) 5:25-5:55 PM (7 classes)  
**423111-F** Th., 10/26-12/14 (ex. 11/23) 4:50-5:20 PM (7 classes)  
**423111-G** Th., 10/26-12/14 (ex. 11/23) 6:00-6:30 PM (7 classes)

### Red Cross Level 2

**Ages: 6 - 10 years**

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

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back floats and glides
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Guaranteed 5:1 ratio for maximum benefit

**7 classes - Res \$63, Non-Res \$69**

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

- 423112-A** Sat., 10/14-12/9 (ex. 11/25) 9:00-9:30 AM (8 classes)  
**423112-B** Sat., 10/14-12/9 (ex. 11/25) 10:10-10:40 AM (8 classes)  
**423112-C** Sat., 10/14-12/9 (ex. 11/25) 10:45-11:15 AM (8 classes)  
**423112-D** Tu., 10/24-12/12 (ex. 11/21) 4:15-4:45 PM (7 classes)  
**423112-E** Th., 10/26-12/14 (ex. 11/23) 4:15-4:45 PM (7 classes)  
**423112-F** Th., 10/26-12/14 (ex. 11/23) 5:25-5:55 PM (7 classes)



### Red Cross Level 3

**Ages: 6 - 12 years**

Child must have a Level 2 card to enroll.

- Enter water by jumping from the side
- Headfirst entries from sitting and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival and back float
- Change direction from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Guaranteed 6:1 ratio for maximum benefit

**7 classes - Res \$63, Non-Res \$69**

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

- 423113-A** Sat., 10/14-12/9 (ex. 11/25) 9:00-9:30 AM (8 classes)  
**423113-B** Sat., 10/14-12/9 (ex. 11/25) 10:10-10:40 AM (8 classes)  
**423113-C** Sat., 10/14-12/9 (ex. 11/25) 10:45-11:15 AM (8 classes)  
**423113-D** Tu., 10/24-12/12 (ex. 11/21) 5:25-5:55 PM (7 classes)  
**423113-E** Th., 10/26-12/14 (ex. 11/23) 4:15-4:45 PM (7 classes)  
**423113-F** Th., 10/26-12/14 (ex. 11/23) 5:25-5:55 PM (7 classes)

### Red Cross Level 4

**Ages: 6 - 14 years**

Child must have a Level 3 card to enroll.

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Guaranteed 8:1 ratio for maximum benefit

**7 classes - Res \$63, Non-Res \$69**

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

- 423114-A** Sat., 10/14-12/9 (ex. 11/25) 9:35-10:05 AM (8 classes)  
**423114-B** Tu., 10/24-12/12 (ex. 11/21) 4:50-5:20 PM (7 classes)  
**423114-C** Th., 10/26-12/14 (ex. 11/23) 4:50-5:20 PM (7 classes)

### Red Cross Level 5

**Ages: 6 - 14 years**

Child must have a Level 4 card to enroll.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Guaranteed 8:1 ratio for maximum benefit

**7 classes - Res \$63, Non-Res \$69**

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

- 423115-A** Sat., 10/14-12/9 (ex. 11/25) 9:00-9:30 AM (8 classes)  
**423115-B** Sat., 10/14-12/9 (ex. 11/25) 10:10-10:40 AM (8 classes)  
**423115-C** Tu., 10/24-12/12 (ex. 11/21) 5:25-5:55 PM (7 classes)

### Red Cross Level 6

**Ages: 6 - 14 years**

Child must have a Level 5 card to enroll.

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

**7 classes - Res \$63, Non-Res \$69**

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

- 423116-A** Sat., 10/14-12/9 (ex. 11/25) 9:00-9:30 AM (8 classes)  
**423116-B** Sat., 10/14-12/9 (ex. 11/25) 10:10-10:40 AM (8 classes)  
**423116-C** Tu., 10/24-12/12 (ex. 11/21) 5:25-5:55 PM (7 classes)

# AQUATICS

## MONDAY

### Total Body Aqua Size

Ages: 12 years and over  
Work your arms, legs, abs and back using the resistance of water, bands and barbells. You can make it as challenging to your body as you want, at the same time relieving your stress (mind and body). Shallow and deep water exercises. All fitness levels invited.

Instructor: Marjory Hall  
Location: PCC  
Dates: **Code: 443810-A** M., 9/11-1/8 (ex. 10/23, 10/30, 12/25, 1/1) 9:00-10:00 AM (14 classes) Res \$112, Non-Res \$122

### Beachball Circle Time

Ages: 12 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., 9/11-1/8 (ex. 10/23, 10/30, 12/25, 1/1) 10:00-10:45 AM (14 classes) Res \$112, Non-Res \$122

### 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., 9/11-1/8 (ex. 10/9, 12/25, 1/1) 6:00-6:45 PM (15 classes) Res \$120, Non-Res \$130

## 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., 9/12-1/9 (ex. 12/26, 1/2, TBD) 8:35-9:20 AM (15 classes) Res \$120, Non-Res \$130

### Aqua Endurance – Current Channel

Ages: 18 years and over  
This aqua fit class, done in the current channel, provides participants with the benefits of resistance, cardio, strength, and core work – all in one class.

Instructor: Marsha Young  
Location: PCC  
Dates: **Code: 443832-C** Tu., 9/12-1/9 (ex. 11/21, 12/26, TBD) 9:30-10:15 AM (15 classes) Res \$120, Non-Res \$130

### Aqua Circuit

Ages: 55 years and over  
This class will include a combination of cardio and strengthening workouts as well as balance and flexibility exercises, using the current channel and slide area when available.

Instructor: Marsha Young  
Location: PCC  
Dates: **Code: 443837-A** Tu., 9/12-1/9 (ex. 12/26, 1/2, TBD) 10:30-11:15 AM (15 classes) Res \$120, Non-Res \$130

### Deep Water Aquafit

Ages: 18 years and over  
Participants should be comfortable in deep water (wearing a belt). Class includes aerobics, resistance and strength training, along with cardiac conditioning.

Instructor: Rachel Miller  
Location: PCC  
Dates: **Code: 443853-A** Tu., 9/12-1/9 (ex. 10/31, TBD) 6:00-6:45 PM (17 classes) Res \$136, Non-Res \$146

## WEDNESDAY

### Heat Up the Pool

Ages: 12 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., 9/13-1/10 (ex. 10/25, 11/1) 9:00-10:00 AM (16 classes) Res \$128, Non-Res \$138

## Let's Get Moving

Ages: 12 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., 9/13-1/10 (ex. 10/25, 11/1) 10:00-11:00 AM (16 classes) Res \$128, Non-Res \$138

### Aqua Endurance – Current Channel

Ages: 18 years and over  
This aqua fit class, done in the current channel, provides participants with the benefits of resistance, cardio, strength, and core work – all in one class.

Instructor: Marsha Young  
Location: PCC  
Dates: **Code: 443832-B** W., 9/13-1/10 (ex. 11/22, 12/27, TBD) 5:30-6:15 PM (15 classes) Res \$120, Non-Res \$130

### Aqua Strength in Current Channel

Ages: 18 years and over  
This BMI class uses the benefits of the current channel for endurance, strength and cardio. We will also concentrate on upper body using various equipment.

Instructor: Marsha Young  
Location: PCC  
Dates: **Code: 443838-A** W., 9/13-1/10 (ex. 11/22, 12/27, TBD) 6:15-6:45 PM (15 classes) Res \$120, Non-Res \$130

## THURSDAY

### Bodies in Motion Plus Aqua Circuit

Ages: 55 years and over  
This BMI class uses the benefits of the current channel for endurance, strength and cardio from 9:30-10:10 AM. From 10:10-10:30 AM, we will concentrate on upper body exercises using various equipment.

Instructor: Marsha Young  
Location: PCC  
Dates: **Code: 443873-A** Th., 9/14-1/11 (ex. 11/23, 12/28, TBD) 9:30-10:30 AM (15 classes) Res \$120, Non-Res \$130

### Aqua Circuit

Ages: 55 years and over  
This class will include a combination of cardio and strengthening workouts as well as balance and flexibility exercises, using the current channel and slide area when available.

Instructor: Marsha Young  
Location: PCC  
Dates: **Code: 443837-B** Th., 9/14-1/11 (ex. 11/23, 12/28, TBD) 10:30-11:15 AM (15 classes) Res \$120, Non-Res \$130

## FRIDAY

### Total Body Aqua Size

Ages: 12 years and over  
Work your arms, legs, abs and back using the resistance of water, bands and barbells. You can make it as challenging to your body as you want, at the same time, relieving your stress (mind and body). Shallow and deep water exercises. All fitness levels invited.

Instructor: Marjory Hall  
Location: PCC  
Dates: **Code: 443810-B** F., 9/15-1/12 (ex. 10/20, 10/27, 11/3, 11/24) 9:00-10:00 AM (14 classes) Res \$112, Non-Res \$122

## Let's Get Moving

Ages: 12 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., 9/15-1/12 (ex. 10/20, 10/27, 11/3, 11/24) 10:00-11:00 AM (14 classes) Res \$112, Non-Res \$122

## SUNDAY

### Aqua Endurance – Current Channel

Ages: 18 years and over  
This aqua fit class, done in the current channel, provides participants with the benefits of resistance, cardio, strength, and core work – all in one class.

Instructor: Marsha Young  
Location: PCC  
Dates: **Code: 443832-A** Sun., 9/17-1/14 (ex. 12/24, 12/31, TBD) 9:15-10:00 AM (16 classes) Res \$128, Non-Res \$138



# 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.  
**Group Cycle:** \$10.00 Res./\$11.00 Non-Res.

## MONDAY

### Bootcamp

**Ages:** 18 years and over  
Back to "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., 9/11-1/8 (ex. 12/25, 1/1, 2 TBD) 6:15-7:15 PM (14 classes) Res \$112, Non-Res \$122

## 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., 9/12-1/9 (ex. 10/31, 11/21, 12/26, TBA) 6:00-7:00 PM (14 classes) Res \$112, Non-Res \$122

## 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., 9/13-1/10 (ex. 11/22, 12/27) 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., 10/4-12/20 (ex. 11/22, TBA) 5:45-7:00 PM (10 classes) Res \$80, Non-Res \$88

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

## THURSDAY

### Hatha Yoga

**Ages:** 18 years and over  
A well-rounded class that begins with centering and breath work, allowing the body and mind to arrive fully to the practice. Class will move into openings of the spine, hips and shoulders with traditional poses and moderate movement. Ample time is given to explore and enjoy the poses, including a long savasana. Suitable for all levels, including beginners. Must bring your own yoga mat!  
**Instructor:** Kass Degus  
**Location:** PCC  
**Dates:** **Code: 441807-A** Th., 9/21-12/21 (ex. 10/19, 11/23) 3:00-4:00 PM (12 classes) Res \$96, Non-Res \$106

### 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., 9/14-1/11 (ex. 11/23, 2 TBA) 4:30-5:20 PM (15 classes) Res \$120, Non-Res \$130

### Perinton Pump

**Ages:** 16 years and over  
Total body conditioning workout, primarily weights and some cardio. Head to toe strength and toning to help improve muscle strength, tone healthy weight, high repetition of weights and strength training.  
**Instructor:** Jillian Heinold  
**Location:** PCC  
**Dates:** **Code: 441815-A** Th., 9/14-1/11 (ex. 11/23, 2 TBA) 5:30-6:30 PM (15 classes) Res \$120, Non-Res \$130

### 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., 9/14-1/11 (ex. 11/2, 11/23, 12/28, TBA) 6:00-7:00 PM (14 classes) Res \$112, Non-Res \$122

## SATURDAY

### Bootcamp

**Ages:** 18 years and over  
Back to "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., 9/16-1/13 (ex. 3 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., 9/16-11/18 (ex. TBA) 8:00-9:15 AM (9 classes) Res \$72, Non-Res \$79

## ADULT PROGRAMS

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

### Adult Co-Ed Drop In Soccer

**Ages:** 16 years and over  
We are in our 39th year! All levels of ability are welcome. New teams are randomly selected each week. Bring 3 different colored shirts each week for dividing into teams. Red, white and dark (blue or black). Pinnies are not supplied due to health concerns. Shin guards and cleats are highly recommended. Call Larry Reynolds (cell - 259-3467) for more information.

**Supervisor:** Larry Reynolds  
**Location:** Center Park East, Field 1  
**Dates:** Sun., 4/30-11/19 6:00 PM No charge  
**Not available on WebTrac.**

### Adult Taekwondo

**Ages:** 17 years and over  
Learn the martial arts and Olympic sport of Taekwondo. Set in a high energy environment, develop the skills that can lead you to your black belt in Taekwondo. This class will focus on skills from white belt to yellow belt. [www.taekwondoclub.org](http://www.taekwondoclub.org).

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 445847-F** Th., 9/14-1/11 (ex. 10/5, 11/9, 11/23, 12/7, 12/28) 7:30-8:15 PM (13 classes) Res \$80, Non-Res \$88

### 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, 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 testing and procedures. There is a virtual option.

**Instructor:** Kristin A. Cavallaro  
**Location:** ONLINE or Rush-Henrietta HS or Gates Chili HS  
**Dates:** **ONLINE**  
**Code: 445910-A** Sat., 10/21 9:00 AM-3:00 PM (1 class) Res \$62, Non-Res \$68  
**Code: 445910-C** M., 12/4-12/11 5:30-8:30 PM (2 classes) Res \$62, Non-Res \$68  
**Rush-Henrietta HS - Room E-105**  
**Code: 445910-B** M., 10/16-10/23 5:30-8:30 PM (2 classes) Res \$62, Non-Res \$68  
**Gates Chili HS Library**  
**Code: 445910-D** Sat., 12/9 9:00 AM-3:00 PM (1 class) Res \$62, Non-Res \$68

### **NEW!!** 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., 9/13-10/11 (ex. 9/27) 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88  
**Code: 442809-B** W., 10/18-11/8 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](http://www.register-ed.com/programs/new_york) as well as with Perinton Recreation and Parks. NYS charges a \$10 fee for the certificate for ages 18 and over. Ages 10-17 are not charged the fee for their certificate.

**Instructor:** Kenneth G. Rainis  
**Location:** PCC  
**Dates:** **10-17 years/Veterans**  
**Code: 475841-A** Sat., 9/9 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**Code: 475841-B** Sat., 10/7 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**Code: 475841-C** Sat., 11/11 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**18 years and over**  
**Code: 475841-AA** Sat., 9/9 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55  
**Code: 475841-BB** Sat., 10/7 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55  
**Code: 475841-CC** Sat., 11/11 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55



**Register Online Using  
Our WebTrac System - See Page 17  
<https://webtrac.perinton.org>**

## DANCE PROGRAMS

### Adult and Teen Ballet

**Ages:** 14 years and over  
This class is for students with little or no dance training or for those students returning to ballet.

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

**Dates:** **Code: 446830-A** Th., 9/14-10/12 7:00-8:00 PM (5 classes) Res \$60, Non-Res \$66  
**Code: 446830-B** Th., 10/19-11/16 7:00-8:00 PM (5 classes) Res \$60, Non-Res \$66  
**Code: 446830-C** Th., 12/7-1/11 (ex. 12/28) 7:00-8:00 PM (5 classes) Res \$60, Non-Res \$66

### Ballroom Dancing

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

### East Coast Swing

**Beginner Level.** Time to get "In the Mood" for swing dancing! If you love the old standards and big band music, then you will love this class. Singles and couples are always welcome at any of my dance events; rotating partners is optional.

**Dates:** **Code: 446867-A** M., 9/11-10/30 (ex. 10/9) 6:30-7:30 PM (7 classes) Res \$70, Non-Res \$77

### Salsa

**Intermediate Level.** It's time to take your Salsa to the next level. First of all, the Salsa music is addicting, but in a good way – and we will burn a ton of calories! Singles and couples are always welcome at any of my dance events; rotating partners is optional.

**Dates:** **Code: 446867-B** M., 9/11-10/30 (ex. 10/9) 7:30-8:30 PM (7 classes) Res \$70, Non-Res \$77

### Waltz

**Beginner Level.** Join us for one of the most traditional and loved ballroom dances of all time. The music will transport you to Vienna and the steps will have you feeling like you are floating around the ballroom! Singles and couples are always welcome at any of my dance events; rotating partners is optional.

**Dates:** **Code: 446867-C** M., 11/6-12/18 6:30-7:30 PM (7 classes) Res \$70, Non-Res \$77

### Quickstep

**Intermediate Level.** The crème de la crème of all of the ballroom dances. Or rather like Foxtrot on steroids. **Dancers should have a solid foundation in Foxtrot and Waltz before signing up for this class.** Singles and couples are always welcome at any of my dance events; rotating partners is optional. If you are unsure about your readiness to register for this class, please contact Maureen at MoDancing@aol.com.

**Dates:** **Code: 446867-D** M., 11/6-12/18 7:30-8:30 PM (7 classes) Res \$70, Non-Res \$77

### Combo Classes

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., 9/11-10/30 (ex. 10/9) 6:30-8:30 PM (7 classes) Res \$126, Non-Res \$136  
**Code: 446867-CD** M., 11/6-12/18 6:30-8:30 PM (7 classes) Res \$126, Non-Res \$136

### Belly Dance

**Ages:** 18 years and over  
Belly Dance will have you moving like you never thought you could. Join us for the fun and fitness. Improve your flexibility, coordination and balance while learning this ancient art form. Beginner and experienced dancers welcome.

**Instructor:** Deborah Robinson  
**Location:** PCC  
**Dates:** **Code: 446100-A** W., 9/20-12/6 (ex. 11/22) 7:00-8:00 PM (11 classes) Res \$110, Non-Res \$120

### LatinX Dance

**Ages:** 9 years and over  
This class is directed to participants of all ages with or without disability, who show interest in Latin American dances. No experience is required. The participants will learn different folkloric dances like Cumbia, Afro-Latino dances, Merengue, Bullerengue and the explanation of the cultural background. The program will conclude in a free showcase open to the community on 12/17.

**Instructor:** Evelyn D'Agostino  
**Location:** PCC  
**Dates:** **Code: 416800-B** Sun., 10/8-12/17 (ex. 10/15, 11/26) 3:00-4:00 PM (9 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. 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., 9/30-12/16 (ex. 10/28, 11/25) 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., 9/30-12/16 (ex. 10/28, 11/25) 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 awhile as you master "the basics" from scratch in a fun and encouraging setting!

**Code: 446819-C** Sat., 9/30-12/16 (ex. 10/28, 11/25) 11:15 AM-12:00 PM (10 classes) Res \$75, Non-Res \$83

### Seated Ballet

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

**Instructor:** M.C. Classical Productions  
**Location:** PCC  
**Dates:** **Code: 446870-A** Sat., 9/16-10/14 9:00-9:45 AM (5 classes) Res \$50, Non-Res \$55  
**Code: 446870-B** Sat., 10/21-11/18 9:00-9:45 AM (5 classes) Res \$50, Non-Res \$55  
**Code: 446870-C** Sat., 12/2-1/13 (ex. 12/23, 12/30) 9:00-9:45 AM (5 classes) Res \$50, Non-Res \$55



## ADULT PROGRAMS

### DOG OBEDIENCE

#### Basic Manners

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

**Instructor:** Gregory Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 445849-A** Tu., 9/19-10/17 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190  
**Code: 445849-B** Tu., 12/5-1/9 (ex. 12/26) 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190

#### Advanced Manners

**Ages:** 18 years and over  
Ready to take your training to the next level? In this class, we'll build on the basics and practice some advanced behaviors. You'll practice challenging stays and recalls, heeling, settling and so much more with a certified professional trainer. Dogs must be 4 months or older at the start of class, have previous group class experience, and up-to-date on rabies, distemper and kennel cough vaccines.

**Instructor:** Gregory Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 445937-A** Th., 9/21-10/19 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190  
**Code: 445937-B** Th., 12/7-1/11 (ex. 12/28) 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190

#### Dog Enrichment: Tricks and Brain Games

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

**Instructor:** Gregory Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 445938-A** W., 11/1-11/15 6:00-7:00 PM (3 classes) Res \$100, Non-Res \$110

#### Reliable Recalls

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

**Instructor:** Gregory Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 445939-A** Th., 11/2-11/16 6:00-7:00 PM (3 classes) Res \$100, Non-Res \$110

#### Easy Italian Beginner – Conversational and Travel

**Ages:** 15 years and over  
This fun 6-week class is ideal for those who want to learn Italian for the first time or 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., 10/3-11/14 (ex. 10/31) 7:00-8:00 PM (6 classes) Res \$110, Non-Res \$120

#### Eating Healthy to Boost Your Immune System

**Ages:** 18 years and over  
As cold and flu season approaches, it is important for people to support their immune systems. Participants will learn the role foods play to increase your immune system's functions. We'll discuss what foods can help support a healthy immune system and participants will go home knowing all the best foods for immune health, along with 10 recipes to utilize at home.

**Instructor:** Ashley Whipple  
**Location:** PCC  
**Date:** **Code: 445903-A** Tu., 10/10 6:30-7:30 PM (1 class) Res \$25, Non-Res \$28

#### NEW!! Electronic Notary Training Class

**Ages:** 18 years and over (current traditional notaries)  
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.

**Instructor:** Kristin A. Cavallaro  
**Location:** ONLINE and PCC  
**Dates:** **ONLINE**  
**Code: 445944-A** M., 11/6 5:30-8:45 PM (1 class) Res \$43, Non-Res \$47  
**PCC**  
**Code: 445944-B** W., 12/13 5:30-8:45 PM (1 class) Res \$43, Non-Res \$47

#### NEW!! Fall Cleaning for Your Makeup Bag

**Ages:** 18 years and over  
Come learn when you should throw away your makeup. Because once opened, its shelf life changes as it has been exposed to oxygen and human contact, aka bacteria. You'll also learn which makeup colors enhance your natural beauty and how to apply them in this hands-on class.

**Instructor:** Colleen Beckwith  
**Location:** PCC  
**Date:** **Code: 445925-A** Sat., 9/30 9:00-10:00 AM (1 class) Res \$5, Non-Res \$6

## 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. I 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.

**Instructor:** Bill Monte  
**Location:** PCC  
**Dates:** **Code: 445911-A** W., 9/20 1:00-2:30 PM (1 class) No charge  
**Code: 445911-B** Th., 10/19 1:00-2:30 PM (1 class) No charge  
**Code: 445911-C** W., 11/15 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. This presentation will highlight the importance of investing earlier rather than later.

**Instructor:** Michael Cudlipp  
**Location:** PCC  
**Date:** **Code: 445931-A** Th., 11/9 6:00-8:00 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** Tu., 9/26 6:00-7:30 PM (1 class) No charge

### Life After Work: Retirement Distribution Planning

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

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Dates:** **Code: 445902-D** Tu., 10/10 5:00-6:00 PM (1 class) No charge  
**Code: 445902-E** Tu., 11/14 5:00-6:00 PM (1 class) No charge  
**Code: 445902-F** Tu., 12/5 5:00-6:00 PM (1 class) No charge

### Medicare: The A, B, C and Ds

**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., 10/3 6:00-7:30 PM (1 class) No charge  
**Code: 445928-B** Tu., 10/17 10:00-11:30 AM (1 class) No charge  
**Code: 445928-C** Th., 10/26 2:00-3:30 PM (1 class) No charge  
**Code: 445928-D** W., 11/8 6:00-7:30 PM (1 class) No charge  
**Code: 445928-E** Th., 11/16 10:00-11:30 AM (1 class) No charge  
**Code: 445928-F** Tu., 12/5 6:00-7:30 PM (1 class) No charge

### Retirement Distribution Planning

**Ages:** 50 years and over  
For many retirees, the mental hurdle to start spending your life savings is enough, but when you add in the implications related to taxes, social security, Medicare and your estate plan, it can seem overwhelming. Join Alex Neri, CFP, RICP of SixPoint Financial Partners, as he lays out the successful components of a retirement distribution plan.

**Instructor:** Alex Neri  
**Location:** PCC  
**Date:** **Code: 445900-B** Tu., 10/24 6:00-7:30 PM (1 class) No charge

### Savvy Social Security Planning: How to Maximize Retirement Income

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

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Dates:** **Code: 445902-G** Tu., 10/17 5:00-6:00 PM (1 class) No charge  
**Code: 445902-H** Tu., 11/21 5:00-6:00 PM (1 class) No charge  
**Code: 445902-I** Tu., 12/12 5:00-6:00 PM (1 class) No charge

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

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

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Dates:** **Code: 445902-A** Tu., 10/24 5:00-6:00 PM (1 class) No charge  
**Code: 445902-B** Tu., 11/28 5:00-6:00 PM (1 class) No charge  
**Code: 445902-C** Tu., 12/19 5:00-6:00 PM (1 class) No charge

**Register Online Using  
Our WebTrac System - See Page 17  
<https://webtrac.perinton.org>**

## ADULT PROGRAMS

### **NEW!!** How to Change Up Your Skin Care for Fall/Winter

**Ages:** 18 years and over  
There are different products for different skin types, ages, etc. It can be overwhelming. Come learn how to get and retain healthy, younger looking skin in this hands-on skin care workshop.

**Instructor:** Colleen Beckwith  
**Location:** PCC  
**Date:** **Code: 445926-A** Sat., 9/23 9:00-10:00 AM (1 class) Res \$5, Non-Res \$6

### 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., 10/17 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 a 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** W., 10/18 7:00-8:15 PM (1 class) Res \$10, Non-Res \$11

### Iaido – Learn Samurai Sword Techniques!

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

**Instructors:** J. Jordan, B. Fallon & D. Stolka  
**Location:** PCC  
**Dates:** **Code: 445821-A** W., 9/13-1/10 (ex. 11/22, 12/27) 7:00-8:00 PM (16 classes) Res \$160, Non-Res \$170

### 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 apps than you think. In two consecutive evenings, we will explore all of the menus and settings to improve your photography, image organization, and sharing skills. Everything we cover will be in a booklet to take with you for later reference. Update iOS to the latest version. For iPhone XS and newer models ONLY.

**Instructor:** Thom Bell  
**Location:** PCC  
**Dates:** **Code: 445917-A** Tu. & W., 9/12-9/13 6:00-8:30 PM (2 classes) Res \$25, Non-Res \$28  
**Code: 445917-B** M. & Tu., 9/25-9/26 6:00-8:30 PM (2 classes) Res \$25, Non-Res \$28

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

See Youth and Teen page 28

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

See Youth and Teen page 28

### Isshin-Ryu Karate – Black Belts

See Youth and Teen page 28

### **NEW!!** Kendo: The Art of Japanese Fencing

**Ages:** 13 years and over  
Learn the fundamentals of the modern art of Kendo. This Japanese form of fencing is an excellent way to exercise, improve balance, hand/eye coordination and build mental discipline. The class will cover proper footwork technique as well as striking methods using a traditional bamboo sword (shinai). Exercise attire and barefoot is preferred. A practice sword will be provided.

**Instructor:** Eric Sommers  
**Location:** PCC  
**Dates:** **Code: 445943-A** Tu., 9/12-11/14 6:30-7:30 PM (10 classes) Res \$130, Non-Res \$140

### Learn to Skate

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

**Instructor:** Pamela Warren  
**Location:** Village Sports, 2380 Baird Road  
**Dates:** **Code: 435824-G** Sun., 10/1-11/5 (ex. 10/29) 1:00-1:50 PM (5 classes) Res \$113, Non-Res \$123  
**Code: 435824-H** Sun., 11/12-12/17 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145  
**Code: 435824-I** Sun., 1/7-2/11 1:00-1:50 PM (6 classes) Res \$135, Non-Res \$145

### Pickleball Instruction

**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 your friends are all talking about!

**Instructors:** Scott Tuttle & Pat Donaher  
**Location:** PCC  
**Dates:** **Pickleball 100 Beginner**  
**Code: 445302-A** Sat., 9/16-10/7 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 445302-B** Sat., 10/14-11/4 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 445302-C** Sat., 11/11-12/9 (ex. 11/25) 1:00-2:30 PM (4 classes) Res \$48, Non-Res \$53  
**Pickleball 200**  
**Code: 445302-D** Sat., 9/16-10/7 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 445302-E** Sat., 10/14-11/4 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 445302-F** Sat., 11/11-12/9 (ex. 11/25) 2:30-4:00 PM (4 classes) Res \$48, Non-Res \$53



## Slave Experience and the Underground Railroad

**Ages:** 13 years and over  
Follow the slaver's ship from West Africa to the Americas across the Middle Passage; witness sale on the auction block; life on the plantation and life on the run; meet the many heroes on the Underground Railroad's routes to freedom.

**Instructor:** Jerry Bennett  
**Location:** PCC  
**Dates:** **Code: 445260-A** M., 10/23 6:30-8:30 PM (1 class) Res \$5, Non-Res \$6

## Small Group Training

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

**Instructor:** Alyssa Ziolk  
**Location:** PCC  
**Dates:** **Code: 442801-A** Tu., 9/12-10/10 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160  
**Code: 442801-B** Tu., 10/17-11/14 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160  
**Code: 442801-C** Th., 9/14-10/12 (ex. 9/28) 1:00-1:50 PM (4 classes) Res \$120, Non-Res \$130  
**Code: 442801-D** Th., 10/19-11/16 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160

## Tai Chi (Yang Style)

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

**Instructor:** Binh N. Tran  
**Location:** PCC  
**Dates:** **Code: 445855-A** Sat., 9/16-1/13 9:00-10:30 AM (18 classes) Res \$144, Non-Res \$154

## Understanding Electric Vehicles

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

**Instructor:** John Bednarczyk  
**Location:** PCC  
**Dates:** **Code: 475842-A** Sat., 9/23 9:00 AM-12:00 PM (1 class) Res \$25, Non-Res \$28  
**Code: 475842-B** Sat., 10/14 9:00 AM-12:00 PM (1 class) Res \$25, Non-Res \$28



## Western Riding for All Ages

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

**Instructors:** JLD Equine Trainers  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 425911-A** W., 9/13-10/11 7:00-8:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 425911-B** W., 10/18-11/15 7:00-8:00 PM (5 classes) Res \$225, Non-Res \$235  
**Code: 425911-C** W., 11/29-12/20 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190

## Women's Self-Defense

**Ages:** 15 years and over  
In these uncertain times, young ladies and women are introduced to the basics of self-defense to provide introduction to responding to hostile situations.

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 445847-H** Sat., 10/14-10/28 11:00-11:45 AM (3 classes) Res \$10, Non-Res \$11

## You Are What You Eat: Why and How to Start Ditching Processed Foods

**Ages:** 18 years and over  
Does your nutrition include too much packaged and processed foods? Do you lack energy to complete your day-to-day activities? Do you want to follow a healthier lifestyle but don't know where to start? Come learn why ditching those processed foods will be the key to turning up your energy levels! You will learn the benefits of decreasing processed foods and leave with 10 recipes to jumpstart your whole food journey!

**Instructor:** Ashley Whipple  
**Location:** PCC  
**Date:** **Code: 445903-B** Tu., 11/7 6:30-7:30 PM (1 class) Res \$25, Non-Res \$28

## Zoom Into Spanish

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

**Instructor:** Lourdes de la Colina-Scolfield  
**Location:** PCC  
**Dates:** **Basics I**  
**Code: 432878-A** Th., 9/21-10/19 10:00-10:55 AM (5 classes) Res \$135, Non-Res \$145  
**Code: 432878-E** Th., 11/2-12/7 (ex. 11/23) 10:00-10:55 AM (5 classes) Res \$135, Non-Res \$145  
**Basics II**  
**Code: 432878-B** Th., 9/21-10/19 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145  
**Code: 432878-F** Th., 11/2-12/7 (ex. 11/23) 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145  
**Basics III**  
**Code: 432878-C** Th., 9/21-10/19 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145  
**Code: 432878-G** Th., 11/2-12/7 (ex. 11/23) 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145  
**Basics IV**  
**Code: 432878-D** Th., 9/21-10/19 1:00-1:55 PM (5 classes) Res \$135, Non-Res \$145  
**Code: 432878-H** Th., 11/2-12/7 (ex. 11/23) 1:00-1:55 PM (5 classes) Res \$135, Non-Res \$145

## ADULT ARTS & CRAFTS AND COOKING

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

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

### BEGINNER WOOD TURNING

**Ages:** 10 years and over  
This hands-on class for folks with little or no prior experience with wood turning, where you will learn the fundamentals of wood turning on a lathe, including safety, sharpening, machine use and tool handling. Machines, materials and tools will be provided. It is anticipated that participants will complete a finished turned bowl during the workshop.

**Instructors:** Finger Lakes Wood Turners  
**Location:** PCC & Finger Lakes Wood Turner Shop  
**Dates:** **PCC**  
**Code: 445879-A** Sat., 9/23 9:00 AM-1:00 PM (1 class) Res \$40, Non-Res \$44  
**Finger Lakes Wood Turner Shop, 691 St. Paul Street, Rochester, NY 14605**  
**Code: 445879-B** Sat., 11/11 9:00 AM-1:00 PM (1 class) Res \$40, Non-Res \$44

### BEGINNING DRAWING

**Ages:** 18 years and over  
A beginning drawing course for those who have never drawn before, but have always wanted to unlock the artist within! You will learn the fundamentals of drawing, from basic shapes to complex imagery. Skills obtained over four weeks of classes will surprise you! Students will need a 2H and 2B pencil, eraser and sketchbook.

**Instructor:** Brian Petty  
**Location:** PCC  
**Dates:** **Code: 442873-A** M., 9/11-10/2 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83

### NEW!! CROCHET A CUTE SNOWMAN

**Ages:** 12 years and over  
Complete your holiday decorating by crocheting this cute little snowman! I'm envisioning a whole family of snowmen hanging out on my mantel to welcome the season! Please bring white, black and a small amount of a contrast color yarn for a scarf. The yarn should be medium weight (worsted weight) and you will also need a US G and H crochet hook.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 422804-L** M., 11/13-12/4 (ex. 11/20) 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30  
**Code: 422804-M** M., 11/13-12/4 (ex. 11/20) 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

### NEW!! CROCHET A SCRAPPY BASKET

**Ages:** 12 years and over  
Do you have a few balls of yarn at home just waiting for the perfect project? Join in this class and crochet a beautiful and functional yarn basket! Bring whatever scrappy yarn (any weight) as we'll be holding 3-5 strands together to make a bulky yarn. You'll also need a size M crochet hook.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 422804-J** M., 10/23-11/6 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30  
**Code: 422804-K** M., 10/23-11/6 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

### DROP IN ART STUDIO I

**Ages:** 18 years and over  
Join us for an afternoon each week filled with inspiration, fun and friends! Create your masterpiece using inks, pastels, pencils, watercolors, water-based oils, acrylics or collage. LET YOUR IMAGINATION RULE! While formal instruction is not provided, members willingly share their knowledge and provide assistance and advice. Please bring your own supplies.

**Instructors:** Patti Same & John Tolley  
**Location:** PCC  
**Dates:** **Code: 442830-A** W., 9/13-1/10 (ex. 11/22, 12/27) 1:00-3:30 PM (16 classes) Res \$20, Non-Res \$22

### DROP-IN ART STUDIO II

**Ages:** 18 years and over  
This class is filled with inspiration, fun and friends! Create your own masterpieces using inks, pastels, pencils, watercolors, water-based oils, or acrylics. While formal instruction is not provided, members willing to share their knowledge and provide assistance and advice are encouraged.

**Instructors:** Nancy Mix & Bill Ebersbach  
**Location:** PCC  
**Dates:** **Code: 442830-AA** Th., 9/14-1/11 (ex. 11/23, 12/28) 9:30-11:30 AM (16 classes) Res \$22, Non-Res \$24



**Register Online Using  
Our WebTrac System - See Page 17  
<https://webtrac.perinton.org>**



## NEW!! HARVEST MOON, TREE AND OWL ON CANVAS

**Ages:** 16 years and over  
A harvest moon is so spectacular. Now you can admire it all year long. Lesley will be teaching how to paint a glowing harvest moon embraced by a silhouetted tree and light foliage and small owl (optional). Beginners welcome. All materials supplied.

**Instructor:** Lesley Shakespeare  
**Location:** PCC  
**Date:** **Code: 442807-A** F., 9/29 6:00-8:30 PM (1 class) Res \$42, Non-Res \$46

## LEARN TO CROCHET

**Ages:** 12 years and over  
If you have glanced at a craft magazine rack lately, you know crochet is back! This class is for anyone who would like to learn to crochet or re-learn if it has been awhile. Relax and enjoy while we learn the basic stitches (chain, single crochet, double crochet) and how to make a granny square. Please bring size J crochet hook and medium weight yarn to the first class.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 442804-A** M., 9/25-10/16 (ex. 10/9) 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30  
**Code: 442804-B** M., 9/25-10/16 (ex. 10/9) 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

## NEW!! NEEDLES AT NOON: KNITTED SOCKS

**Ages:** 12 years and over  
Knitted socks are classic! Join me and learn to knit medium weight socks from the cuff down. You only need to be familiar with how to knit and purl. You'll learn how to knit in the round, turn a heel and finish a toe. Please bring a set of US 5 double pointed needles and 300 yards of a medium weight wool or acrylic yarn.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 442804-N** Tu., 10/17-11/7 12:00-1:00 PM (4 classes) Res \$36, Non-Res \$40

## NEEDLES AT NOON: LEARN TO KNIT

**Ages:** 12 years and over  
Come and join the worldwide community of knitters! This class is for anyone who would like to learn how to knit or re-learn if it has been awhile. Take some time, bring a lunch and a friend and enjoy while we learn how to knit, purl, cast-on and cast-off. Please bring size 8 knitting needles and medium weight yarn to class.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 442804-C** Tu., 9/19-10/10 12:00-1:00 PM (4 classes) Res \$36, Non-Res \$40

## OPEN ART STUDIO

**Ages:** 18 years and over  
Join this vibrant class to explore your creative talents in an open art studio environment. Paint or draw in a medium of your choice (water soluble oils, watercolor, pastels, ink, colored pencils, collage or acrylics). This class will motivate you to begin and continue to develop your artistic talents. Bring your project and favorite materials. Join us for an afternoon of creativity and fun! Includes one travel date.

**Instructor:** Danica Glamack  
**Location:** PCC  
**Dates:** **Code: 442830-B** Tu., 9/12-1/9 1:00-3:30 PM (18 classes) Res \$150, Non-Res \$160

## NEW!! PUMPKINS MADE SIMPLE YET ELEGANT

**Ages:** 16 years and over  
Warm up your fall decorations in this class. Lesley will show you how to paint pumpkins that look elegant! If there is such a thing, it will happen in this class. Acrylic on canvas 10"x20". All materials supplied. No experience necessary.

**Instructor:** Lesley Shakespeare  
**Location:** PCC  
**Date:** **Code: 442808-A** Th., 10/5 6:00-8:30 PM (1 class) Res \$42, Non-Res \$46



## 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 140lb 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., 10/23-11/13 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83  
**Code: 444800-B** M., 11/27-12/18 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](http://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



Don't wait to start feeling better!

Direct Access / No Prescription or Referral Necessary  
Call 377-9626 to schedule and appointment or stop  
in Room #210

#### HOURS

Mon & Wed: 9am-7pm

Tue & Thur: 8am-7pm

Fri: 8am-2pm

Monthly educational sessions the second Wednesday  
of the month!

## CURBSIDE TO-GO

We are serving hot, homemade, delicious  
lunches every week (Tuesday through  
Friday)!

A new menu is published weekly on our  
social media pages, Town Website, and  
via email through our 55+ E-newsletter  
subscription.

A discount is applied for ordering all four  
days. In addition to the daily special, Chef  
Christina prepares homemade soups and  
salads. These are available as an add-on  
to any meal, or solo. Call our office for  
more information!



## PERINTON AMBULANCE

Blood Pressure Checks

2nd and 4th Tuesdays of the month  
9am -11am

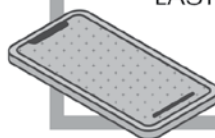
## TECH CLASSES

On the last Wednesday of every month, join  
our instructor, Daniel Jones, who will make  
tech gadgets easy to understand and use.  
From iPads to apps. enjoy benefits of the  
latest technologies through these classes.

**LAST WEDNESDAY EVERY MONTH!**

1:00 - 2:30 PM

Registration Required



# PERINTON

# 55+

## PROGRAMMING

### 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

October 10th, 2023

November 14th, 2023

December 12th, 2023

### 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 & 3rd 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 on WEBTRAC: 856016

### 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
7:50 - Dylan <b>Senior Core &amp; More</b> Aerobics Room	8:30 - Karen <b>Classic</b> Room 204 A/B	8:00 - Dylan <b>Circuit</b> Room 204 A/B	8:30 - Denise <b>Classic</b> Room 204 A/B	8:00 - Karen <b>Bone Builder Class</b> Aerobics Room
8:00 - Kristi <b>Tai-Yo</b> Room 204 A/B	8:35 - Marsha Young <b>Aqua Fit</b> Lap Pool	8:00 - Joween <b>Step Interval</b> Aerobics Room	8:30 - Karen <b>Experience</b> Aerobics Room	8:00 - Joween <b>Yoga</b> Room 204 A/B
9:00 - Andie <b>Yoga</b> Room 204 A/B	9:30 - Karen <b>Circuit</b> Room 204 A/B	9:00 - Dylan <b>Yoga</b> Room 204 A/B	9:30 - Denise <b>Experience</b> Room 204 A/B	9:00 - Joween <b>CardioFit</b> Room 204 A/B
9:00 - Kristi <b>Zumba Gold Light</b> Aerobics Room	9:30 - Dylan <b>Zumba Gold</b> Aerobics Room	9:00 - Joween <b>CardioFit</b> Aerobics Room	9:30 - Dylan <b>Zumba Gold</b> Aerobics Room	9:00 - Marjory <b>Total Body Aqua Size</b> (Water in Motion) Lap Pool
9:00 - Marjory <b>Total Body Aqua Size</b> (Water in Motion) Lap Pool	9:30 - Marsha Young <b>AQUA ENDURANCE</b> Current Channel	10:00am - Joween <b>Yoga</b> Aerobics Room	9:30 - Marsha Young <b>Aqua Endurance</b> Current Channel	9:00 - Dylan <b>Zumba Gold</b> Aerobics Room
10:00 - Kristi <b>Classic</b> Room 204 A/B	10:30 - Dylan <b>Classic</b> Room 204 A/B	10:00 - Kristi <b>Classic</b> Room 204 A/B	10:30 - Dylan <b>Classic</b> Room 204 A/B	10:00 - Joween <b>Classic</b> Room 204 A/B
10:00 - Andie <b>Classic</b> Room 208B	10:30 - Kristi <b>CardioFit</b> Aerobics Room	10:00 - Marjory <b>Let's Get Moving</b> Lap Pool	10:30 - Marsha Young <b>Aqua Circuit</b> Current Channel	10:00 - Marjory <b>Let's Get Moving</b> Lap Pool
10:00 - Denise <b>Circuit</b> Aerobics Room	10:30 - Marsha Young <b>Aqua Circuit</b> Current Channel	10:00 - Andie <b>Classic</b> Room 208B	11:30 - Karen <b>Bone Builder Class</b> Aerobics Room	
10:05 - Marjory <b>CIRCLE AQUA VOLLEY</b> <b>BEACH BALL</b> Lap Pool	11:30 - Dylan <b>Yoga</b> Room 204 A/B	11:00 - Kristi <b>Zumba Gold</b> Room 204 A/B	11:30 - Dylan <b>Yoga</b> Room 204 A/B	
11:00 - Kristi <b>Zumba Gold</b> Room 204 A/B	11:30 - Kristi <b>Seasoned Beginner</b> <b>Line Dance</b> Aerobics Room	12:00 pm - Kristi <b>Silent Movement &amp;</b> <b>Meditation</b> Room 208B		
11:00 - Denise <b>Booty Barre</b> Aerobics Room		12:00 pm - Karen <b>Bone Builder Class</b> Aerobics Room		
11:45 - Denise <b>Cardio Kickboxing</b> Aerobics Room				



Scan me with your smart phone to go to the reservation website!

**You must reserve your space in class on the Acuity website.**

SilverSneakers® FITNESS

Silver&Fit. RenewActive™  
by UnitedHealthcare



# 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 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 \$4.50 Drop-In Fee or you may purchase a 10-class pass for \$40.00 or an unlimited monthly class pass for \$45.00. Schedule is subject to change. Call 223-1617 with questions. **You must reserve your space in class on the Acuity website.** Visit [www.perinton.org](http://www.perinton.org) and click on "PCC Schedules." These classes are found under "55+ Fitness Classes."

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# PERINTON 55+ FITNESS

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**DO I QUALIFY FOR A SENIOR MEMBERSHIP WITH MY HEALTH INSURANCE?**

Those that are 65 and over may qualify. MVP Gold, Aetna, Excellus Blue Cross/Blue Shield, Wellcare, Humana, and United Health Care offer a fitness incentive to their members. Our community center works with these providers.

**I THINK I QUALIFY. WHAT DOES THIS MEMBERSHIP MEAN TO ME?**

Access to our fitness center! This includes the cardio equipment, the weight room, the aquatics center, the indoor track, drop-in pickleball, and free admission to over 30+ fitness classes especially designed for those 55 years and older. Check out our schedule on the town website or pick up a schedule in the 55+ office.

**WHAT DO I DO? WHERE DO I GO?**

If you are registering for the first time OR you have changed insurance companies for 2023/2024, bring your insurance card, and your fitness ID# (if you have received it from your health insurance carrier) to the Community Center. If visiting between the hours of 7:30 AM and 3:30 PM, please stop by the 55+ Office. If visiting after office hours or on the weekend, any clerk at the front desk, or downstairs desk, should be able to register you or renew you. If renewing your membership and your insurance company has not changed in 2023, you can call our office (223-1617) or the main desk (223-5050), or stop by our office and we can renew you.

**I'M REGISTERED! NOW WHAT?**

Make fitness part of your daily and weekly routine. The Community Center is open from 6:00 AM to 7:00 PM, Monday through Friday. On Saturday, 7:00 AM to 7:00 PM, and on Sunday, 9:00 AM to 2:00 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.

**55+ NON-MEMBERS OF INSURANCE FITNESS BENEFITS (SILVER SNEAKERS, SILVER FIT, ETC.):**

You can still attend exercise classes by paying a \$4.50 drop-in fee or you may purchase a 55+ 10-class pass for \$40.00, OR a 55+ Unlimited Monthly pass for \$45.00.



## Gift Certificates

Available in any monetary designation. Redeemable for all programs and facility use. Non-resident restrictions still apply.

## Volunteering

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

## Part-Time Positions

Looking for a unique part-time opportunity? Perinton Recreation and Parks is looking for dynamic leaders to develop and instruct their own programs for all ages and interests. Call 223-5050 for more information.

## ASSET BUILDING IN OUR COMMUNITY

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



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

## MISSION STATEMENT

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

## Americans with Disabilities Act Compliance

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

## ROCHESTER ACCESSIBLE ADVENTURES (RAA)

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

## Fairport Central School District

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

## INSURANCE INFORMATION

### SilverSneakers

The Perinton Community Center is an authorized SilverSneaker facility. Bring in your MVP Gold card, and have access to the fitness area, the aquatic center, or take advantage of the SilverSneaker fitness classes that we offer. For more information, call MVP Member Services, or our 55+ Center at 223-1617. Plan subject to change.

## TOWN OF PERINTON

### Perinton Town Board

Ciaran T. Hanna, Supervisor

David P. Belaskas

Seana L. Sartori

Meredith Stockman-Broadbent

Alexandra Winner

Janelle Reed, Town Clerk

### Recreation and Parks Advisory Board

Al Chesonis, Chairperson

Michael Coppola

Emily Chisholm-Gallagher

Paul M. Fioravanti

Jayne LaFay

James Unckless

Amy Bender

### 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 – Recreation Supervisor

Sydney Mooney – Recreation Supervisor

Joe Kincaid – Recreation Supervisor

Laura Silins – Pool Supervisor

Sean Anne – Lifeguard Lieutenant

Anke Applebaum – 55+ Program Supervisor

Amanda Tinsley – Senior Office Clerk

Michelle Reus – Office Clerk

Maggie Monsen – Office Clerk

Rebecca Drumm – Office Clerk

Scott Allen – Maintenance Mechanic

Mike Sozio – PCC Custodian

Jon Pitre – Building Attendant

Chris Dudley – Director of Parks

Dillon Dayton – Parks Foreman

Dan Frederes – Shop Mechanic

Rob Cooper – Ground Equipment Operator

Michael Lioudis, CPSI – Ground Equipment Operator

Matt Loveless – Ground Equipment Operator

Noah Brown – Laborer

### Silver&Fit

The Perinton Community Center is an in-Network facility of Silver&Fit. Qualified members may be eligible to utilize the fitness area, aquatic center and group exercise classes (some restrictions apply).

### Renew Active

The Perinton Community Center is an authorized Renew Active facility. Access includes fitness classes, the fitness area and aquatic center. For more information, please call our 55+ Center at 223-1617.



# REGISTRATION INFORMATION

## Perinton Recreation and Parks Department EARLY DROP OFF/LATE PICK UP POLICY

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

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

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

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

## REFUND POLICY

A refund for any reason will be given only if applied for at least seven calendar days prior to the start date of the program. Refunds after this period will be given on a pro-rated basis and only when accompanied by a signed doctor's certificate indicating an inability to participate, or appropriate documentation evidencing personal emergency or hardship. A \$7.00 processing fee, per participant, per program, will be charged for all refunds. A \$7.00 fee will be charged for each participant transfer request. Program cancellation and transfer requests must be made in writing, and request forms are available at the Community Center reception desk or online at [www.perinton.org](http://www.perinton.org). If the program is cancelled by our department, a full refund will be given and no processing fee will be assessed. We depend on school facilities for several programs. When school access is cancelled, our programs still incur expenses. Program refunds will not be given when there are emergency school cancellations that require us to cancel short term, school based programs.

## PROGRAM INCLUSION

We will make every effort to provide accessibility and a positive experience for all individuals in our programs. Should you or your child have accommodation requests, please contact Kelly Attridge, Inclusion Coordinator ([kattridge@perinton.org](mailto:kattridge@perinton.org)). More information on program and facility accessibility can be found on our website following this QR code:



## FINANCIAL SCHOLARSHIPS

Through the Perinton Pride Fund, we provide partial or full scholarships for programs and services based on family size and income. The application process requires completion and submittal of a brief form which will be reviewed by our staff. Please submit requests as soon as possible to avoid delays. The form can be found on our website following this QR code:



# REGISTRATION

**Residents – Registration begins M., August 28, 2023 at 10:00 AM**  
**Non-Residents – Registration begins T., September 5, 2023 at 10:00 AM**

## REGISTRATION PROCEDURES

1. Complete the registration form.
2. Enclose the registration form and payment in an envelope.
  - Clearly list 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 8/28 (Residents) and at 10:00 AM on 9/5 (Non-residents).

## HOW REGISTRATIONS ARE PROCESSED

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

## PLEASE NOTE:

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

## PLEASE READ THE REFUND POLICY:

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

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

## HOUSEHOLD INFORMATION

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

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

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

We want to make your (your child's) experience positive and successful. Please list any additional needs that we should be aware of such as sensory, physical, communication or other: \_\_\_\_\_

Our Inclusion Coordinator, Kelly Attridge ([kattridge@perinton.org](mailto:kattridge@perinton.org)), is looking forward to discussing specific accommodations with you.

Program scholarships are available through the Perinton Pride Fund. Visit the [recreation program page](#) on Town website or inquire within.

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

**REFUND POLICY:** A refund for any reason will be given only if applied for at least seven calendar days prior to the starting date of the program. Refunds after this period will be given on a pro-rated basis and only when accompanied by a signed doctor's certificate indicating inability to participate, or appropriate documentation evidencing personal emergency or hardship. A \$7.00 processing fee, per participant, per program will be charged for all refunds. A \$7.00 processing fee will be charged for each participant program transfer request. Program cancellation and transfer requests must be made in writing, and request forms are available at the Community Center reception desk, or on line at [www.perinton.org](http://www.perinton.org). If the program is canceled by our department, a full refund will be given and no processing fee will be assessed. We depend on school facilities for several programs. When school access is cancelled, our programs still incur expenses. Program refunds will not be given when there are emergency school cancellations that require us to cancel short term, school-based programs.

\_\_\_\_\_  
Date **SIGNATURE REQUIRED:** X \_\_\_\_\_  
Registrant (Parent or Guardian if under 18)

Participant Name	Grade	Birth Date	Sex	Class Code	Program Name	Fee	2 <sup>nd</sup> Choice Code

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

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

(Checks Payable to Perinton Recreation & Parks Department)

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

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

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

\*Separate checks required for each program





**Perinton Recreation and  
Parks Department**

1350 Turk Hill Road  
Fairport, NY 14450

PRSRT STD  
US Postage  
**PAID**  
Fairport, NY  
Permit #262

**PERINTON TOWN OFFICIALS**

*Councilperson David Belaskas, Councilperson Seana Sartori, Town Clerk  
Janelle Reed, Town Supervisor Ciaran Hanna, Councilperson Alexandra  
Winner, Councilperson Meredith Stockman-Broadbent*

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**Brett Stokoe**  
PT, DPT



**Patrick McEvoy**  
PT, DPT, CSCS, TPI M2



**Tess Kelly, PTA**

[GeneseeValleyPT.com](http://GeneseeValleyPT.com)



***DID YOU KNOW ... we're here!***

***Genesee Valley Physical Therapy is located  
in Room #210 for your convenience!***

***Call 364-0136 or stop in and say hello!***

**Perinton Community Center**

1350 Turk Hill Rd., Room #210, Fairport

***Aquatic Therapy | Pre & Post Joint Replacement Surgery  
Parkinson's Disease | Vestibular  
Orthopaedics | Chronic Pain | TPI Golf***