



TOWN OF PERINTON & WEGMANS PRESENT:

# CENTER STAGE SUMMER 2025 CONCERT SERIES



SUNDAYS 5:45PM -8:15PM

★ 6PM START - 8/3 & 8/24



CENTER PARK AMPHITHEATER CENTER PARK WEST 1110 AYRAULT ROAD



HELLO CITY & BIG EYED PHISH



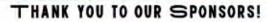
CENTER STAGE POP SYMPHONY ORCHESTRA

August 10 ○RQUESTA △NTONETTI & 巨UROPA LATIN NIGHT



August 17 BIG BAND NIGHT THE MUSIC EDUCATORS & ROCHESTER METRO JAZZ ORCHESTRA August 24 TLAS



















Food and beverage concessions featuring the Lion's Club, Casa Larga, Molly V's Ice Cream, and guest food truck each week.

### **JAMES E. SMITH CENTER**

1350 Turk Hill Road

Mon.-Fri. 6:00 AM-9:00 PM Sat. 7:00 AM-7:00 PM Sun. 9:00 AM-6:00 PM

Office: 223-5050 Fax: 223-4045

### THE INDOOR TRACK

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

### THE FITNESS/WELLNESS CENTER

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

### THE AQUATIC CENTER

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

#### **DROP-IN FITNESS CLASSES**

Drop-In Fitness is offered for \$9.50 per class. Non-resident rate is \$10.50 per class. Check out our adult and teen fitness classes inside this brochure. Only the classes on the Fitness pages are eligible for drop-in rates.

### **PASS FEES**

Upon purchase or renewal of your pass, you will be issued a photo ID card to be used as your pass. Under this procedure, a separate pass will be required for each pass holder. LOST PASS REPLACEMENT FEE - \$10.

### **ROOMS AND GYM FOR RENT**

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

### **POOL BIRTHDAY PARTIES**

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

### GYM DROP-IN PROGRAMS

Drop-In Programs are available for all ages. Admission is \$5.75 per person with proof of residency. Admission for non-residents is \$7.50. All participants must show ID every time. 10X stamp passes are available to residents (\$46.00) and non-residents (\$62.00). 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 = \$20, \$3 each additional child

	RESIDENT				NON-RESIDENT					
	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)	College Student	Active Military	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)
Daily	\$4.75	\$5.25	\$7.50	\$5.25	\$5.25	\$5.25	\$7.00	\$8.00	\$12.00	\$8.00
Monthly	\$29.00	\$37.00	\$55.00	\$37.00	\$37.00	\$37.00	\$42.00	\$47.00	\$74.00	\$47.00
20 Visit	\$46.00	\$53.00	\$77.00	\$53.00	\$53.00	\$53.00	\$78.00	\$110.00	\$168.00	\$110.00
6 Month	\$147.00	\$179.00	\$278.00	\$179.00	\$179.00	\$179.00	\$189.00	\$236.00	\$347.00	\$236.00
12 Month	\$263.00	\$320.00	\$494.00	\$320.00	\$320.00	\$320.00	\$341.00	\$415.00	\$625.00	\$415.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball Ages 18+ 6:00-8:00 AM		Pickleball Ages 18+ 6:00-8:00 AM		Pickleball Ages 18+ 6:00-8:00 AM		
Basketball Ages 18+ 11:30 AM-1:15 PM	Beginner Pickleball 11:30 AM-1:15 PM	Basketball Ages 18+ 11:30 AM-1:15 PM	Beginner Pickleball 11:30 AM-1:15 PM	Basketball Ages 18+ 11:30 AM-1:15 PM		
Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 4:30-6:30 PM	Pickleball 4:15-5:45 PM
Basketball Ages 30+ 8:15-9:45 PM		Basketball Ages 30+ 8:15-9:45 PM	Volleyball Ages 18+ 6:15-9:00 PM	Volleyball Ages 18+ 8:15-9:00PM		

Schedule subject to change. View website for current schedule.



# 2025 GAZEBO CONCERTS

PERFORMANCES ON THURSDAYS FROM 7PM-8PM VINCENT G. KENNELLEY PARK

JUNE 12TH: PERINTON CONCERT BAND light music suitable for all ages

JUNE 19TH: BROCKPORT BIG BAND

big band era standards, contemporary compositions & arrangements

JUNE 26TH: THE PETTY PROJECT honoring the music of Tom Petty

JULY 3RD: A LITTLE BIT OF IRISH STREET BAND a mix of traditional Irish music

JULY 10TH: 198TH ARMY BAND military band featuring marching, rock, & concert bands, brass & woodwind quintets

JULY 17TH: NEW HORIZONS JAZZ ENSEMBLE an entertaining, exciting, & fun variety of jazz genres

JULY 24TH: HEY, MABEL diverse mix of classic rock from the 60's, 70's & more

JULY 315T: BLEND OF BROTHERS smooth hits from the 50s through the 70s

AUGUST 7TH: CROONTUNES solo performance featuring classic ballads & standards

AUGUST 14TH: FAIRPORT FIRE DEPARTMENT BAND marches, patriotic favorites, & a selection of older pop tunes

Free concerts sponsored by:







In case of inclement weather or for more information visit:

www.perinton.org or www.fairportlibrary.org

Or call:

Perinton Recreation Info Line
( at (585) 223-5050 or
Fairport Public Library at

(585) 223-9091

# Perinton Recreation & Parks Department Presents: Children's Gazebo Concerts

Performances at Vincent G. Kennelley Park Tuesdays, 6:30-7:30 PM

June 24th: MR. LOOPS

MIKE KORNRICH TRIO July 22nd:

August 12th: MISTERGREENE



Children's Concerts Generously Sponsored By:



# **ELEVATING** the ordinary.

In case of inclement weather or for more information visit: www.perinton.org

Or call: Perinton Recreation Info Line at (585) 223-5050



# Town Supervisor's

Ciaran Hanna Town Supervisor Message to the Community

Summer is one of the best times to live in Perinton. Our parks are full of activity, our trails are busy, and families are enjoying the wide variety of recreation programs and events we offer. As the season gets underway, I'd like to share a few updates and highlights from around our community.

At the heart of everything we do in Perinton is a clear commitment to supporting families, investing in infrastructure, and responsibly planning for the future. These priorities guide our decisions every day and help ensure that our community remains a great place to live, work, and raise a family.

Once again this summer, our Recreation and Parks Department has done an outstanding job creating a lineup of programs and events that offer something for everyone. Inside this brochure, you'll find opportunities for all ages, from the popular Youth Triathlon and Outdoor Movie Night to summer camps, craft classes, and much more. These events not only bring neighbors together but also create lasting memories and strengthen ties within our community.

This year, we're especially proud to expand our efforts to make recreation more affordable. Our new "Free or Five" initiative provides a wide range of events at no cost or just a \$5 fee. As costs rise in so many areas, we're committed to keeping community events accessible for all. We've already seen incredible results attendance at the Valentine's Dance increased by 400%, and Blarney Bingo saw a 300% jump in participation. We've also partnered with Friends of Perinton Recreation and Parks to help support our scholarship fund, helping even more

Supporting seniors continues to be a priority. Our curbside lunch program with Chef Joe Brophy and his team has been selling out! If you haven't tried it yet, we encourage you to check it out. And that's just the beginning. Our 55+ programs feature games, hikes, outings, and more. You truly can't be bored in the Town of Perinton - there's an amazing community waiting for you. Stop by the Community Center or give us a call to learn more!

Of course, summer wouldn't be complete without our Gazebo Concert Series, Children's Gazebo Concerts, and the Center Stage Concert Series at the Perinton Amphitheater. Thanks to generous sponsors, these free concerts bring entertainment to our community all season long.

While we enjoy these community traditions, we're also moving forward on critical infrastructure and park improvement projects that will benefit residents for years to come. Our planned \$1.5 million infrastructure improvement at Fellows Road Park is currently underway. This includes expanding the stormwater retention pond, installing new drainage in the soccer and softball fields, and replacing the aged parking lot. We're also adding EV charging stations and a new crosswalk to

improve pedestrian safety. These upgrades will help extend our spring and fall sports seasons - something young athletes, coaches, and families will appreciate. Our Department of Public Works (DPW) is leading the early stages of this project, using in-house expertise to save taxpayers approximately \$160,000 while delivering high-quality work.

We are also cutting the ribbon on the new Center Park West Playground, designed to include inclusive features so that children of all abilities can enjoy the space. In addition, we're continuing with court resurfacing improvements in our parks.

One of last summer's biggest accomplishments, the Perinton Skatepark, just celebrated its first anniversary. What was once an underused space is now a hub of activity, and I'm proud to share that it recently received the "Exceptional Park Design" award from the Genesee Valley Recreation and Parks Society. Thank you to the community members, sponsors, and staff who helped bring this vision to

We're also nearing completion of more than \$1 million in upgrades to the Perinton Community Center, including new pool lighting and facility improvements. This building welcomes over 200,000 visitors each year, and these enhancements ensure it remains a safe, modern space for all to enjoy.

Beyond recreation, we continue to invest in the essential infrastructure that supports everyday life in Perinton. This includes road resurfacing, sewer relining, drainage improvements, and sidewalk expansions across town. This summer, our DPW will advance the West Whitney Road Sidewalk Project, including the replacement of the pedestrian bridge. They're also implementing stormwater improvements, like pond rehabilitation and swale upgrades, and completing updates at key sanitary pump stations.

Our community remains strongly committed to sustainability. We're continuing to prioritize stormwater management and environmental stewardship. Monthly electronics recycling returns to the Department of Public Works in June, and Town Clerk Janelle Reed will once again host a free shredding event this fall. For details and dates, visit our website at www.perinton.org.

As always, if you have questions, ideas, or feedback, my door is open. You can also reach me at (585) 223-0770 or by email at channa@perinton.org. I look forward to hearing from you.

I wish you and your family a safe, fun, and memorable summer in the Town of Perinton.

Warm regards,

Ciaran Hanna, Perinton Town Supervisor

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BY THE TOWN OF PERINTON

VISIT WWW.PERINTON.ORG OR CALL 585-223-0770 FOR INFORMATION

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

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

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

Town Ha	ll Closings	PCC Closings:		
June 19 July 4 Sept. 1	Juneteenth Independence Day Labor Day		4th of July Labor Day	

Recreation & Parks Content Starts on Page 23

# **New Center Park West Playground Opening Soon!**

Community-Designed Playground to Feature Inclusive Play Elements; Theme inspired by Perinton Amphitheater.



In March, the Town of Perinton broke ground on a new 4,000 sq. ft. music-themed playground at Center Park West, marking an exciting step forward in the town's ongoing efforts to enhance recreational spaces for residents.

Town Supervisor Ciaran Hanna, Perinton Town Board members Dave Belaskas, Meredith-Stockman Broadbent, and Mike Folino, Town Clerk Janelle Reed, Recreation & Parks Commissioner Jeff Nutting, Parks Director Chris Dudley, Recreation Director Nick Berlin, and town officials gathered to celebrate the start of construction on this community-driven project.

Slated to open in mid-June, the playground was designed with input from residents to ensure an engaging and accessible experience for children of all abilities. As part of Perinton's Playground Revitalization Plan, this project will modernize the play space with innovative and inclusive features, creating a destination for local families.

"We are excited to break ground on this new playground, which reflects the vision and needs of our community," said Town Supervisor Ciaran Hanna. "This new space will provide a safe, engaging, and accessible environment where children of all abilities can play and explore. The music theme, inspired by the nearby Perinton Amphitheater, makes this playground truly unique to Perinton. We remain committed to investing in recreational spaces that enhance the quality of life for our residents, and this project is a testament to that vision."

The \$620,000 project is a planned investment under the Town's Capital Improvement Program and Playground Revitalization Plan, ensuring that aging play structures are replaced with modern, engaging, and accessible equipment.

The new playground, suitable for ages 2-12+, will be located closer to the parking lot, picnic shelter, and restrooms to improve accessibility. Features will include:

- Accessible Turf Surface: Provides a safe, cushioned, and low-maintenance play area suitable for all children.
- Accessible Entry and Pathways: ADA-compliant sidewalks connecting both playground tiers, ensuring ease of movement for all users.
- We-Go-Round: An inclusive spinning structure that promotes sensory, motor, cognitive, and social skills for children of all abilities.

Additional features will include ramps, benches, shade, slides, climbing features, play mounds, and other music-themed elements. To continue expanding and improving Perinton's recreational spaces, the town is seeking potential grant opportunities for future enhancements to the playground.





# **Clerk's Corner: Dog Licensing**

# By: Town clerk Fanelle Reed

In New York State, dog licensing isn't just a legal requirement; it's a practical step with real benefits. State law mandates that all dogs over four months old must be licensed annually by their local municipality. This ensures that dogs are up-to-date on vaccinations, particularly rabies, protecting both pets and the community.

In the Town of Perinton and Village of Fairport, my office oversees licensing. We've streamlined the process to make it easy for pet owners. Licensing costs \$20 per year, with discounts available for spayed/neutered dogs and seniors over 65. We send renewal notices annually, making the process simple and stress-free. Residents can find assistance on our website, perinton.org, or by contacting our office directly at (585) 223-0770.

By licensing your dog, you demonstrate responsible pet ownership and contribute to a safer, healthier community. Let's work together to ensure the well-being of our furry companions and our neighbors!





# RECREATIONAL FIRE SAFETY IN PERINTON



Summer evenings are perfect for gathering around a backyard fire, but before you strike that match, make sure your fun is fire-safe and within town guidelines. In Perinton, recreational fires are allowed, but only when certain safety rules are followed.

Fires must be contained in a fire pit or outdoor fireplace, with a maximum size of 3 feet wide and 2 feet tall. Placement is key: fire pits must be at least 25 feet from any structure or combustible material, while portable fireplaces must be at least 15 feet away and used per the manufacturer's instructions.

Only clean, seasoned firewood is permitted. Burning brush, limbs, or yard waste is not allowed. Fires must be attended at all times, and a method for extinguishing—like a hose or bucket should be close at hand.

Please be considerate of your neighbors and make sure your fire doesn't create excessive smoke or nuisance. If the fire department is called, it's up to the responding team to decide whether your fire can continue or must be extinguished.

Questions? Contact the Perinton Fire Marshal's Office at fire@perinton.org. Let's keep summer safe and enjoyable for everyone!



# **Town Clerk Janelle Reed Strengthens Safety Measures for Peddlers Permit Program**

In an effort to enhance community safety and provide residents with greater peace of mind, the Town of Perinton has enhanced its Peddlers Permit Program through a new partnership between the Town Clerk's Office and the Safety & Security Office.

This initiative was spearheaded by Town Clerk Janelle Reed, who identified an opportunity to better protect residents by introducing a more thorough vetting process for individuals seeking to go door-to-door in the community.

Stronger Standards for Permit Approval

As of this year, all individuals applying to peddle or solicit in Perinton must undergo a fingerprint-based background investigation. The Town's Safety & Security Office reviews each applicant's background check results before a permit is issued.

To date, 16 background checks have been completed under this new process.

"We want residents to feel confident that individuals going door-to-door in our neighborhoods have been properly vetted," said Reed. "This extra layer of review helps ensure we're holding permit holders to a higher standard of accountability."

### What Is the Peddlers Permit?

Under Chapter 163 of the Town Code, anyone who goes from house to house, or sets up temporarily in a fixed location, to sell goods or services or solicit contributions must have a valid Peddlers Permit issued by the Town. This includes independent salespeople, service vendors, and fundraising solicitors working for for-profit companies.

Representatives of nonprofit organizations are exempt from the permit fee, but they are still required to register with the Town Clerk's Office annually and undergo the same fingerprint-based background check as for-profit applicants.

### What Residents Should Know:

- All approved peddlers are issued a Town of Perinton ID badge, which must be displayed visibly at all times during interactions with residents. There is no excuse for not displaying it.
- If someone comes to your door and cannot provide a permit, or if you believe a peddler is soliciting without a license, report the incident to law enforcement by calling 9-1-1—especially if you feel unsafe or suspect fraud.
  - o If possible, provide details such as the company name, name of the individual, nature of the business, type of vehicle, and any literature or brochures they distributed. This information greatly assists investigations.
- Residents who have a negative experience with a licensed solicitor may also contact the Town Clerk's Office at (585) 223-0770. A permit can be revoked if the individual's behavior violates the Town Code.

### Interested in Who's Licensed to Solicit in Perinton?

A current list of all approved peddlers is always available on the Town Clerk's page at perinton.org.

### **How the Permit Process Works**

All peddler applicants must pass a fingerprint-based background check reviewed by the Town's Safety & Security Office. Once approved, they must pay an annual fee of \$250 per business and \$100 per individual.

"This is about making sure we're looking out for our neighbors," said Reed. "Since we've seen increased interest in peddling locally, we want to be thoughtful and proactive in creating a process that puts the safety of our residents first."

For more information about the Peddlers Permit process, visit perinton.org or contact the Town Clerk's Office at (585) 223-0770.



# Do's & Don'ts PERINTON RESIDENTIAL REFUSE PROGRAM

### YARD WASTE & LANDSCAPE DEBRIS:

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





- A PLACE IN CONTAINERS (NO LIDS) A SEPARATE CONTAINER FROM YARD WASTE
- **▲** CONTAINERS 50LBS OR LESS EACH **▲** NO CONTRACTOR PILES
- NO BAGGED/LOOSE MATERIAL
- NO BAGGED/LOOSE MATERIAL
- AFTER JUNE 1, ALL MATERIAL MUST BE CONTAINERIZED -

## ITEMS NOT COLLECTED BY THE TOWN:

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

### ITEMS COLLECTED BY PRIVATE TRASH HAULERS ONLY:

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



**HOUSEHOLD GARBAGE** 



**CURBSIDE RECYCLING** 



**BUILDING MATERIALS** (DRYWALL, ROOFING, LUMBER, ETC.)



**WOOD FENCING, CABINETS, LADDERS,** 



**FURNITURE, MATTRESSES, CARPETING** 



**TOILETS, SINKS, HOT TUBS** 

For more information visit www.perinton.org or call Perinton Public Works at (585) 223-5115

### WHAT TO DO WITH DIFFICULT MATERIAL:



Railroad Ties, Utility Poles: Alpco Recycling (800) 706-9449/(315) 986-8900



**Grass Clippings:** 

Recommend Composting, or Alpco Recycling



Electronics Recycling: Call DPW (585) 223-



**Household Hazardous Waste:** Ecopark - www.monroecounty.gov/ecopark



**Pharmaceutical Waste/Sharps** Ecopark - www.monroecounty.gov/ecopark







Saint's Place

Give your gently used furniture a second life and help a family start theirs.

Before you place furniture at the curb, consider donating it to local organizations such as Saint's Place, located in the Town of Perinton. They are a local organization that helps furnish apartments for legally arriving refugees in our community.

### What They Accept:

- Small to medium gently used furniture
- Clean furniture, no rips or stains
- No sleeper sofas

Call Saint's Place at (585) 385-6860

- ✓ Schedule a FREE pickup (you don't even have) to carry it to the curb!)
- Confirm your items are a good fit

Thank you for helping to save valuable space in our landfill and being part of a community that cares!



# **LOOKING TO** RESPONSIBLY PART WITH **FURNITURE?**

Call Saint's Place at St. John of Rochester, (585) 385-6860





# PERINTON ELECTRONICS RECYCLING **PROGRAM RETURNS**



As part of our ongoing commitment to environmental sustainability, the Town of Perinton is proud to offer free monthly electronics recycling events from June through October at the Perinton DPW. Residents can responsibly dispose of unwanted electronics—from small items like cell phones to larger devices like TVs and computers. EWaste+ is our trusted recycling partner, ensuring all materials are handled properly.

Appointments are required and can be made online at www.perinton.org. Let's work together to reduce waste and protect our environment—one device at a time!

### KNOW BEFORE YOU GO: ELECTRONICS RECYCLING GUIDE



## ACCEPTED ELECTRONICS **RECYCLING ITEMS**



### **Computers & Devices**

- Computers & Laptops
- Mobile Devices (Cell Phones, Tablets, PDAs, MP3 Players)
- **Gaming Devices** 
  - **GPS Units**
  - **Business Machines**
  - **Typewriters**



### **Computer Accessories**

- **Keyboards & Mice**
- Webcams
- Speakers
- Microphones
- **External Storage Devices** (External Hard Drives, Solid State Drives, SD Cards. **Memory Cards, Card Readers)**



### Office Equipment

- **Copiers**
- **Fax Machines**
- **Printers & Plotters**
- Scanners
- **Phone Systems**



### **Networking & Security**

- **Routers & Switches**
- **Networking Gear**
- Servers
- Security Equipment



### **Entertainment Electronics**

- Televisions & Monitors (Flat Screen and CRT - Limit 2 CRTs per appointment)
- **Stereo Equipment**
- **Video & Audio Equipment**
- **Cameras**



### PLEASE DO NOT BRING THESE ITEMS



**Small Household Appliances** (e.g., Toasters, Vacuum Cleaners, Coffee Makers, Irons, Hair Dryers)



### **Smoke & Carbon Monoxide Detectors**

Dispose of in the trash. Contact the manufacturer for other recycling options.



Items Containing Liquid Mercury (e.g., Thermostats, Switches, **Medical Devices, Thermometers)** 

Dispose of safely by appointment at the Ecopark, www.monroecounty.gov/ecopark or call (585) 753-7600.



### **PCB Ballasts**



## **Household Hazardous Waste**

Dispose of safely by appointment at the Ecopark, www.monroecounty.gov/ecopark or call (585) 753-7600.



Visit PaintCare.org for drop-off locations and details.



### **Pharmaceutical Waste**



The ecopark and local police stations accept pharmaceutical waste at the regularly scheduled times and locations, visit monroecounty.gov/ecopark, scan the QR code or call (585) 753-7600.

### Sharps (Needles & Syringes)



Bring to the Ecopark; Syringes/sharps must be in approved sharps containers or sturdy alternatives (twoliter plastic bottles, rugged laundry soap bottles, etc.). All containers should be capped and labeled "SHARPS".



Not all items with a plug are considered electronics. When in doubt, please check before bringing an item.



# **2025 TOWN ROAD PROGRAM STATS**

- **Ø 17 MILES OF SURFACE TREATMENT**
- **⊘** 4.5 MILES OF MILL & PAVE
- **⊘** 15,000 FT OF CONCRETE GUTTER REPLACEMENT

Stay up-to-date with our annual Road Program, including scheduled road maintenance and rehabilitation, by scanning the QR Code or visiting our website. This page also includes information on State and County roadwork occurring in the Town of Perinton.



# NEW

# APPLY FOR BUILDING PERMITS ONLINE!

Online Portals allows for 24/7 Access – Convenient and Fast!



Perinton Building & Codes now offers 24/7 access to building permit applications through our new online software, GovWell, allowing you to apply for permits from the comfort of your home or office.

Visit the Building & Codes webpage at www.perinton.org to get started.

Scan the QR Code to access the site directly!





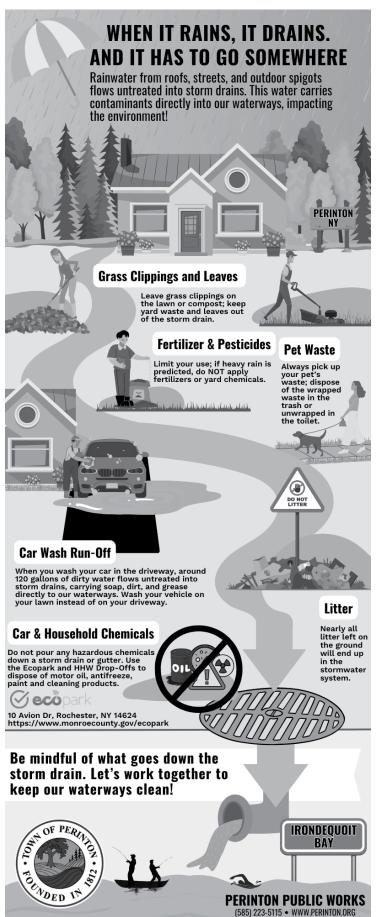


Apply for Decks, Fences, Sheds, Pools, Additions, and more!



PERINTON BUILDING & CODES

(585) 223-0770 WWW.PERINTON.ORG



# **CLEAN PIPES ARE GREEN PIPES**

Simple steps to keep our water clean, protect public health, and avoid expensive plumbing repairs.



### **AVOID FOG: FATS, OILS, & GREASE** DON'T GO DOWN THE DRAIN

Pour it into a sealable container and place it in the trash. Never pour oil, pan drippings, bacon grease, lard, shortening, butter, margarine, salad dressings, mayo, creams, or sauces down the sink or toilet. If you have a lot of oil, mix it with cat little bit at a time and pour it into a sealed bag and place it in the trash.



# SAVE OUR PIPES, DON'T FLUSH WIPES

Don't flush any types of wipes down the commode, even flushable wipes. Food can cling to them and build up more quickly in wastewater pipes.

### **COMPOST MORE, WASTE LESS**

Compost food waste when possible; otherwise, throw scraps in the trash.



### **KEEP OUR SEWERS FAT-FREE**



Wipe dishes and cookware with a paper towel to remove grease, rather than running water over them. Don't use cloth towels as the grease will end up in the sewer when you wash them.

### PROTECT YOUR WATER

Place a strainer in the sink drain to catch small pieces of food and eliminate your use of a garbage disposal. Food scraps of any kind can plug your home's wastewater



### **KEEP CLEAN AND GO GREEN**



environmentally cleaning products, such as those that have the EPA Safer Choice detergents or cleaners that can damage sewer lines.

PERINTON PUBLIC WORKS WWW.PERINTON.ORG

# What you should know about Lawn Fertilizer

Stormwater runoff from yards where fertilizers have been misapplied, either by using too much or spreading it onto sidewalks or driveways, will often contribute to unsightly algae blooms in neighborhood stormwater ponds.

This frequently results in obnoxious odors when the algae dies off and decays. Eventually, this nutrient-polluted water will make its way to Irondequoit Bay.



Homeowners can take action to reduce these impacts and help protect water quality by ensuring that ONLY ZERO PHOSPHORUS FERTILIZERS are applied to their lawns, as well as SWEEPING UP fertilizer that ends up on impervious surfaces such as sidewalks and driveways.

Most soils in Monroe County already have sufficient phosphorus to support a healthy lawn. If your lawn needs to be fertilized, applying only once a year during the fall will also greatly reduce the amount of nutrients reaching our local waterways.



# Did you know?

Recognizing that the overuse of fertilizers can have serious impacts on water quality, New York State passed a law, which prohibits the application of phosphorus-containing fertilizers for established lawns. This law also requires that fertilizer put on impervious surfaces be picked/swept up immediately.



The storm drains located on your street or in your backyard often discharge to stormwater management ponds, but some empty directly into local creeks without any treatment.



The label on a fertilizer bag shows three numbers which indicate the percentage by weight of nitrogen, phosphorus and potassium, in that order. So make sure you choose a fertilizer that has 0 phosphorus, for example, 26-0-3.

For more information about local stormwater pollution and what you can do to reduce it, please visit www.stormwatercoalition.com/ or www.perinton.org.



### SUMMER ANIMAL CONTROL UPDATE

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 Pringle, Animal Control Officer

**After Hours Contact: (585) 425-7380** (585) 223-5115

www.perinton.org



### HATCHLING

Newly hatched bird, naked and helpless.



Still in the nest, starting to grow feathers.

### FLEDGLING

Leaves the nest, learning to fly and forage.



Handling a fledgling will cause parents to abandon it.

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

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



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

www.perinton.org



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

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

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



### WHEN TO INTERVENE

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

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

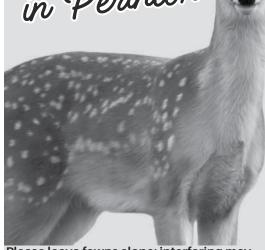


()eer in Perinton

Deer mate in November and give birth to 1-3 fawns the following May. The Mother deer (Doe) will choose a safe area for birthing to minimize predation risk.



Deer, like other wildlife, adapt to living in neighborhoods. Does will birth fawns in low-risk areas like yards and flower beds.



Please leave fawns alone; interfering may disrupt mother-offspring bonding. Mother does protect fawns when feeling threatened; giving space is crucial.



Recognize signs of distressed fawns; calling for an extended period of time, laying on its side with legs extended, or curled ear tips. If you witness any of these symptoms contact a wildlife rehabilitator.



Deer with a leg injury often survive & overcome it. If you witness a deer with a more severe injury, or is not able to move, please dial 9-1-1.



Recreational hunting is a primary method for managing deer populations.



Avoid feeding wildlife to prevent nuisance behavior. Motion-activated sprinklers deter wildlife from gardens effectively.



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

www.perinton.org

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



# TOWN SUPERVISOR CIARAN HANNA ANNOUNCES NEW MEMORIAL BENCH PROGRAM IN PERINTON PARKS





Town Supervisor Ciaran Hanna recently announced the official launch of the Town of Perinton's Memorial Bench Program, offering residents a meaningful way to honor loved ones, commemorate special occasions, or create a lasting tribute in our parks.

"This new program is about much more than park benches," said Hanna. "It's about creating spaces for reflection, remembrance, and celebration right here in the parks that help make Perinton such a special place to live. Our parks are among our community's greatest assets, and this program gives residents a meaningful way to leave a lasting legacy while enhancing the shared spaces we all enjoy."

Through the Memorial Bench Program, individuals may purchase a classic 6-foot cherry wood bench with a personalized plaque. Participants can work directly with the Town's Parks Department to choose an appropriate park location, ensuring that the placement is both meaningful and accessible.

Two options are available:

- New Bench: \$3,000 includes a brand new bench, plaque, and installation.
- Replacement Bench: \$2,500 replaces an existing bench with a new one, including the plaque and installation.

Each bench features a custom plaque that may include a name, date, and a brief message. Two plaque options are available: a standard gold-colored aluminum plate (included) or an upgraded cast bronze plaque for an additional cost.

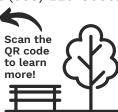
Benches are maintained by the Town for at least 10 years, and the installation process typically takes 4-6 months following approval and payment.

"Whether you're honoring a loved one, commemorating a special occasion, or simply giving back, a memorial bench offers a deeply personal tribute that also enriches the experience of everyone who visits our parks. It's a lasting gift - to your family, to your story, and to the entire Perinton community," Hanna added.

To begin the process, residents can fill out the online Memorial Bench Request Form on www.perinton.org. Questions may also be directed to the Parks Department at (585) 223-5050.

With over 15 parks, 35 trail miles, and 4,000 acres of townowned land, Perinton is proud to offer parklands that promote wellness, recreation, and community connection. The Memorial Bench Program is another way the Town is working to preserve and enhance these shared spaces for future generations.





# New Program Brings Movement and Community to Perinton Residents with Parkinson's

The Town of Perinton has launched a new initiative aimed at improving the lives of residents living with Parkinson's disease—through the unexpected but powerful medium of ping pong.

Ping Pong Parkinson's, hosted at the Perinton Community Center, blends physical activity, cognitive stimulation, and social connection. Participants engage in ping pong sessions that help improve balance, coordination, and mental sharpness—areas often impacted by Parkinson's.





"The program is designed to help people with their symptoms of Parkinson's disease work on balance and coordination," said Daniel Rothschild, one of the program's instructors. Beyond the physical benefits, the program offers a space for connection and encouragement among participants. "It's really great to have the opportunity to do something in Recreation that really benefits somebody," said Joe Kincaid, Perinton Recreation Supervisor.

With nearly 90,000 Americans diagnosed with Parkinson's each year, programs like this are vital. Ping Pong Parkinson's is helping residents manage symptoms while rediscovering joy through play.

# **Good News in Perinton: Paige Ditzel**

Fairport's own Paige Ditzel has brought international acclaim to her hometown, earning a silver medal in alpine skiing at the Special Olympics World Winter Games held in Italy. Her remarkable performance is the latest milestone in a lifelong journey of dedication and athletic excellence.

Ditzel, who began skiing at the age of three, has built an impressive resume over the years, with a collection of medals that includes two golds, along with numerous silver and bronze honors. Her recent success in Italy is a testament to her unwavering commitment and passion for the sport.

Beyond her accomplishments on the slopes, Ditzel is also a devoted community member. She actively volunteers with Unified Sports and Mighty Dunks at the Perinton Community Center, where she helps foster inclusion and growth among her peers. Her involvement reflects a deep commitment to giving back and uplifting others.





As Fairport and Perinton celebrate her success, Ditzel's story continues to inspire. Her journey is a powerful reminder of what can be achieved through perseverance and community support. Stories like Paige's highlight the incredible spirit of our community. If you know someone making a positive impact, nominate them for our Good News Program! Visit our website to submit your nomination: perinton.org.

# 

# E CANAL BICENTENNIAL CELEBR



September 28th 1-4pm **Perinton Park** 





Step back in time and celebrate 200 years of history as the Erie Canal Bicentennial Flotilla makes its way to Fairport! Enjoy a day of festivities along the canal, featuring fascinating historical exhibits, delicious local food, live music, fun activities for kids of all ages and the arrival of the full-sized replica of the Erie Canal Boat Seneca Chief, which first traversed the Erie Canal upon its opening in 1825. Don't miss this unique opportunity to connect with our iconic canal legacy and experience history in motion!

# Wrapping Up the Inaugural Safety, Wellness, and **Recreation Conference 2025**



The Town of Perinton recently hosted its first-ever Safety, Wellness, and Recreation Conference at the Perinton Community Center, a day dedicated to learning, collaboration, and community resilience.

We were honored to feature Monroe County Executive Adam Bello, Town Supervisor Ciaran Hanna, and 1984 Olympic Gold Medalist Kris Thorsness, who each delivered inspiring remarks that underscored the importance of preparation, well-being, and teamwork in public service.

At the heart of this event was a shared belief: education and preparation save lives. That truth became deeply personal for our community just a few weeks ago. On March 17, a visitor to the Community Center suffered sudden cardiac arrest. In a moment that demanded calm and courage, five staff members—some just weeks into their jobs - sprang into action. They called 911, cleared the area, retrieved the AED, and began CPR. Their quick and effective response sustained the individual until paramedics arrived. Because of their efforts, that person is alive today.



We commend these individuals for their bravery and grace under pressure:

- Sean Anne
- Madelin Eaton
- Heather Goerlich
- Emily Newsome
- Eloy Martinez-Yague (not pictured)

Emergencies can strike anywhere. What matters most in those moments are not just tools or procedures, but people who are prepared and willing to step forward. These staff members exemplify that readiness and serve as a powerful reminder of why this conference - and this work - matters.

Thank you to Perinton Lifeguard Lieutenant Sean Anne and the many agencies and vendors who made this inaugural conference a success.

# First Responder Spotlight: Steven Aurand, Perinton Ambulance



Meet Steven Aurand, an EMT-Basic with Perinton Ambulance who has been serving the community for over two decades. Steven earned his EMT certification in 1991 and joined Perinton Ambulance in 2001. In addition to his volunteer work, he also serves as an EMT at his engineering firm, blending his passion for emergency medicine with his professional life.

Steven's interest in EMS began after college, when he was looking for a meaningful way to give back to his community. What started as a hobby quickly became a lifelong commitment. Over the years, he has responded to countless calls—from car accidents to falls—and while the details of each may blur, the impact remains clear. "One of my most important achievements," Steven says, "is seeing the relief on people's faces when help arrives."

Perinton Ambulance places a strong emphasis on training and preparedness. Steven appreciates the variety of learning opportunities available, including online courses, in-person lectures, equipment reviews, and call debriefs. He also takes initiative to stay sharp, often practicing with equipment on his own time. Handling the emotional toll of EMS work is no small task. Steven finds support in talking with fellow responders and his wife, who, though not in the field, is always ready to listen. "Sometimes," he says, "you just need someone to hear you out."

Steven is also a strong advocate for CPR training. "It doesn't take long to learn, but it can make all the difference in an emergency," he explains. Perinton Ambulance offers classes to help community members become better prepared.

Balancing EMS work with personal life is something Steven takes seriously. He's been on a regular Thursday night shift since 2004, and his family has always supported his commitment. "They've just seen it as a way of life," he says. His children would often visit him at the base or during community events. He encourages anyone interested in EMS to explore the field. "Ask questions, take a class, do a ride-along," he advises. "The role is what you make of it."

With over 24 years of service, Steven values the camaraderie at Perinton Ambulance and the strong teamwork among local first responders. His dedication, compassion, and steady presence make him a vital part of the Perinton community.

### Join the Team

Interested in making a difference in your community?

Perinton Ambulance is always looking for dedicated individuals to join their team of EMTs and support staff. Whether you're new to emergency services or have prior experience, they provide all the necessary training and equipment to help you succeed.

Becoming a part of the Perinton Ambulance team is a meaningful way to give back, learn life-saving skills, and become part of a close-knit team committed to serving the Town of Perinton.

To Apply, visit: perintonambulance.org/about/join -our-team/

Email: info@pvac.org Phone: (585) 223-4150

# **How to Volunteer**

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

### **Fairport Fire Department**

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

### **Bushnell's Basin Fire Department**

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

### **Egypt Fire Department**

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

### **East Rochester Fire Department**

Email: 3c12@eastrochester.org Phone: (585) 381-1112

### **Penfield Fire Department**

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



### **Town of Perinton**

Ph: (585) 223-0770 F: (585) 223-3629 Recorded information: (585) 425-1170

DPW: (585) 223-5115 After Hours Emergency: (585) 425-7380

### www.perinton.org

Facebook: Town of Perinton, NY Twitter: @TPerinton Instagram: townofperinton

**Charles Steinman** 

Town Justice

**Gary Muldoon** Town Justice

Wayne Pickering, IAO

Town Assessor

Joseph LaFay Town Attorney

Robert J. Kozarits

Town Engineer

**Bill Poray** 

Town Historian

Jason R. Kennedy

**DPW Commissioner** 

**Jeff Nutting** 

Commissioner of Recreation and Parks

# **Board Meetings**

**Town Board** 

2nd and 4th Wednesday of every month at 7:00 p.m.

**Planning Board** 

3rd Wednesday of every month at 7:00 p.m.

**Conservation Board** 

Tuesdays before the 1st and 3rd Wednesday of each month at 7:00 p.m.

**Zoning Board of Appeals** 

4th Monday of every month at 7:00 p.m.

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

# -Perinton Town Officials -



Ciaran Hanna **Town Supervisor** 



David P. Belaskas Councilperson



Meredith Stockman-Broadbent Councilperson



**Mike Folino** Councilperson



Janelle Reed Town Clerk



Perinton Town Hall 1350 Turk Hill Rd. 14450 WWW.PERINTON.ORG (585) 223-0770

### WebTrac Information

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

NOTE: Please ensure that the dates of birth and grades you provide for the participants are accurate, as the system will not allow enrollment for a program if the age and/or grade criteria are not met. These data fields cannot be changed once they are entered.

Please go online to https://webtrac.perinton.org and enter the 'user name' and 'password' that we have provided you. You can 'shop' by selecting your classes, placing them in your 'shopping cart' and 'check out' using Visa, Mastercard or Discover to complete your transaction on our secured site. A receipt may be printed for your records.

For more information, call the Perinton Recreation and Parks Department at 223-5050. All classes, unless otherwise indicated, are available on WebTrac.

### Stay Connected!

Follow us on Facebook, X and Instagram for updates and notifications about Perinton Recreation and Parks happenings. Join the conversation. share your thoughts, and show us your Perinton pride by checking in, tagging us and using #PerintonRec.



### Perinton Recreation and Parks





#PerintonRec

### QUICK REFERENCE

Weather Cancellation Policy: Programs conducted in school facilities are cancelled when schools are closed. Programs cancelled due to poor weather conditions will be announced by WHAM (1180 AM).

### **Holidays:**

Fri, July 4	Independance Day (PCC Close	d
Mon, September 1	Labor Day (PCC Close	ď

# Mot's New For SUMME

### Special Events

Celebrate the Erie Canal Bicentennial

### **Youth Camps**

An Island Adventure with Moana Barbie and Friends Dance Camp My Dance Era Dance Camp Once Upon a Time Dance Camp Superhero and Villain Takeover Dance Camp Wickedly Popular Dance Camp

### **Skill Development Camps**

Fairport Tennis Skills Camp

### Preschool

Peppy Pick Up Camp Preschool Adventures: Christmas in July Preschool Adventures: If You Give a Mouse a Cookie

Summer Building Fun! **Summer Hoppers** 

### Youth and Teen

Gaga for Ninjas- Camp Kids Level 1 Kayaking **Ludosport Light Saber Combat** Summer Speed Camp **Summer Sports Camp** 

Trail Runners Camp

### Tennis

Youth Intermediate Tennis

### **Aquatics**

RU4 Scuba - SSI Open Water Diver RU4 Scuba - Try Mermaid

### Adult

**Beyond Explosions: Parent Support Group Boho Rock Painting** Feel-Good Fitness: Approaching Exercise to Support Mental & Physical Health

How to Fight Climate Change in Fairport

and Perinton



# **SPECIAL** EVENTS

Register early to avoid program cancellation due to low enrollment.

### **SAVE THE DATE!!**

June 7 **24th Annual Fishing** Saturday

Derby

Saturday August 2 **Perinton Youth Triathlon** 

September 19 Outdoor Movie Night Friday

Sunday September 28 Celebrate the Erie Canal **Bicentennial** 

### 24th Annual Fishing Derby

Ages:

Boys and girls, grab a fishing pole, bring your favorite bait and join us in Perinton Park for a fishing derby. This "kids only" catch and release tournament will feature fishing, prize giveaways and food for participants! Ask an adult to accompany you for a "reely" fun morning of fishing. (Bring your own pole and bait). Sponsored by the Knights of Columbus. Perinton Park Shelter, 99 O'Connor Road

Location:

Code: 225210-A Sat., 6/7 9:00-11:00 AM (1 class) Res \$5, Non-Res \$6 Date:

### Perinton Youth Triathlon

Ages:

Be part of the 13th Perinton Youth Triathlon! Two race distances: "The Sprint" - 50 yard swim, 2 mile bike, .5 mile run. "The Doubler" - 100 yard swim, 4 mile bike, 1 mile run. Transition opens at 8:00 AM with the race starting at 9:00 AM in staggered starts. All participants will receive a t-shirt and light snack following the race. Age group medals (gender based) for 7-8, 9-10, 11-12 and 13-14. Registration is on runsignup.com. Search for Perinton Youth Triathlon or https://runsignup.com/Race/NY/ Perinton/PerintonYouthTri. This event is presented by Towpath Bike and MVPT. Race walk through on Thursday, 7/31 from 6:00-7:00 PM.

Location: Center Park

Sat., 8/2 9:00 AM \$34 Date:

Not available on WebTrac.

### **Outdoor Movie Night**

Ages:

Join us to watch Moana 2 to celebrate the start of a great school year! This event is organized by the PTAs of Brooks Hill, Dudley School, Jefferson Avenue and Northside Schools, along with the Town of Perinton. Preevent activities will start at 6:00 PM including a variety of outdoor games, and Arlene's Face Paint. The Melt (bomb grilled cheese) Food Truck will be on-site to purchase food. Be sure to bring your own chairs, blankets and snacks. Amphitheater seating is on a first come, first served basis.

Location: Center Park Amphitheater F., 9/19 7:00 PM No charge Date: Not available on WebTrac.

### NEW! Celebrate the Erie Canal **Bicentennial**

Open to families Ages:

Join us in Perinton Park to celebrate the bicentennial anniversary of the Erie Canal. We will have children's games, inflatables, food trucks, music, historical sessions and we'll end with a flotilla featuring the Seneca Chief

& Colonial Belle.

Location: Perinton Park, 99 O'Connor Road Date: Sun., 9/28 1:00-4:00 PM No charge Not available on WebTrac.

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

# **Story Walk** I Am Golden By Eva Chen

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

What do you see when you look in the mirror, Mei? Do you see beauty? We see eyes that point toward the sun, that give us the warmth and joy of a thousand rays when you smile. We see hair as inky black and smooth as a peaceful night sky. We see skin brushed with gold.

This joyful and lyrical book about Chinese immigrant life is flavored by author Eva Chen's experience as a first-generation Chinese American who grew up in NYC. She is the prolific author of eight books for children. Artist Sophie Dao is the daughter of Chinese immigrants and has illustrated multiple picture books. Her vibrant artwork represents the immigrant experience.

Story Walk is posted outside along the path behind the Amphitheater in Center

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

### **Crescent Trail Guided Hikes**

Free monthly guided hikes, no pre-registration required, are organized by the Crescent Trail Hiking Association. Adults, teens and children under 16 supervised by an adult are welcome to participate. All hikes start at 1:30 PM on the second Sunday of the month, unless otherwise noted. At any point of the hike, you may turn around and return to the start if your time is limited. Hikes are usually about 1 ½ hours in duration. For more information, go to the Association's website, www.crescenttrail.org or visit us on Facebook at www.facebook.com/crescenttrail. If you have an idea for a new hike or would like to lead a hike, send us an email at crescenttrail@gmail.com. Please check our Facebook page or website at crescenttrail.org/monthly-quided-hikes for updated information closer to the hike date.

Sunday, June 8 at 1:30 PM | Abraham Lincoln Park Hike, meet at the parking lot on Empire Blvd., just south of the intersection with Plank Road. After the hike, we will gather at K2 Brothers Brewing on Empire Blvd.

GPS Coord: 43.18097, -77.50912

Sunday, July 13 at 1:30 PM | White Brook to Mason Valley to RSE Loop, meet at White Brook Nature Area at 250 Aldrich Road.

GPS Coord: 43.07118, -77.38917

Sunday, August 10 at 1:30 PM | Route through McCoord Woods, check our Facebook page or crescenttrail.org for updates. Meet at the Kread Road Park parking lot at 555 Kreag Road. After the hike, we will meet at Aurora Brewing at 604 Pittsford-Victor Road.

GPS Coord: 43.06444, -77.46980

Sunday, September 14 at 1:30 PM | Braddocks Bay Raptor Research Raptor Presentation with Live Raptors and Short Walk after the presentation; great for kids. Meet at the Center Park West Pavilion on Ayrault Road.

GPS Coord: 43.08124, -77.42883

NEW! You Can Grow: Part 1 - 0-60 Growth, Part 2 -**Beginners Guide to Harvest, Pests and Preservation** 

See Adult page 55





Camp fee includes: Swimming trip to Perinton Community Center, camper t-shirt, weekly treat on Friday, weekly field trip

20% SIBLING

Week 1: Potter/Fellows Road: \$151/resident, \$161/non-resident Jeffereson Ave. School: \$126/resident, \$136/non-resident

Weeks 2-8: Potter/Fellows Road: \$189/resident, \$199/non-resident

Jeffereson Ave. School: \$158/resident, \$168/non-resident

PLEASE TURN IN CURRENT IMMUNIZATION RECORD FOR YOUR CAMPER PRIOR TO THE START OF CAMP. FAX (585-223-4045), DROP OFF TO COMMUNITY CENTER, OR MAIL (1350 TURK HILL ROAD, FAIRPORT, NY 14450)

CHILDREN MUST BE 6 YEARS OLD OR HAVE COMPLETED KINDERGARTEN TO ATTEND CAMP

# **SUMMER DAY CAMP PROGRAM**

			K PAI GA
Week 1:	Location	Drop off/Pick up-	
325799-AB 325799-AD 325799-AE	Fellows Road Park (full) Potter Park Jefferson Ave. School	8-9am/4-5pm 8-9am/4-5pm 9am/4pm	20
Week 2: 325799-BB 325799-BD 325799-BE	Fellows Road Park (full) Potter Park (full) Jefferson Ave. School (full)	8-9am/4-5pm 8-9am/4-5pm 9am/4pm	
Week 3: 325799-CB 325799-CD 325799-CE	Fellows Road Park (full) Potter Park (full) Jefferson Ave. School (full)	8-9am/4-5pm 8-9am/4-5pm 9am/4pm	
Week 4: 325799-DB 325799-DD 325799-DE	Fellows Road Park (full) Potter Park (full) Jefferson Ave. School (full)	8-9am/4-5pm 8-9am/4-5pm 9am/4pm	
Week 5: 325799-EB 325799-ED 325799-EE	Fellows Road Park (full) Potter Park (full) Jefferson Ave. School (full)	8-9am/4-5pm 8-9am/4-5pm 9am/4pm	
Week 6: 325799-FB 325799-FD 325799-FE	Fellows Road Park (full) Potter Park (full) Jefferson Ave. School (full)	8-9am/4-5pm 8-9am/4-5pm 9am/4pm	
<u>Week 7:</u> 325799-GD	Potter Park (full)	8-9am/4-5pm	
<u>Week 8:</u> 325799-HD	Potter Park (full)	8-9am/4-5pm	7



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

### **NEW!!** An Island Adventure with *Moana*

Ages:

Your child will have the opportunity to let their imagination soar with themed crafts and activities that celebrate the beauty of the ocean and the strength of the characters in Moana 2. They will create their own Moana-inspired artwork and bring their stories to life through dance.

Instructors: **Studio East Dance Company Instructors** 

Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3 Code: 325856-B M.-F., 7/14-7/18 9:00 AM-12:00 PM (5 classes) Dates:

Res \$165, Non-Res \$175

# **NEW!!** Barbie and Friends Dance Camp

Ages:

Come on Barbie, let's go party and bring Ken and friends. Step into a fabulous week of friendship, dance, tumble and fun themed crafts. Each day will be filled with building confidence and learning about different careers that Barbie and her friends have had. It's a week filled with endless fun, where every dancer can truly be themselves in this

unforgettable week.

**Studio East Dance Company Instructors** Instructors:

Studio East Dance Company, 370 Macedon Center Road, Suite 3 Location: Code: 325856-F M.-F., 8/18-8/22 9:00 AM-12:00 PM (5 classes) Dates:

Res \$165, Non-Res \$175

# EZ Peasy Disney Cooking Camp!

Ages:

Join me for a full day cooking camp that is fun-filled with excitement where the magic of Disney themed recipes come together in the kitchen! Each day is inspired by a different Disney movie that will include cooking and baking your own lunch, snacks, arts & crafts, movie trivia and outdoor playground time. All supplies included plus tie-dying a t-shirt and designing a cookbook! Please specify a t-shirt size at the time of registration.

Instructor: **Ginny Schenker** 

Location:

Code: 332872-A M.-F., 7/21-7/25 9:00 AM-3:00 PM (5 classes) Dates:

Res \$400, Non-Res \$410

Code: 332872-B M.-F., 7/28-8/1 9:00 AM-3:00 PM (5 classes)

Res \$400, Non-Res \$410

# JLD Equine's Horse Camp

7 years and over Ages:

Horses and fun in the summer sun! Great for new, novice or experienced riders. Daily sessions include lessons, games, horse care, and exploration on our 125 acre farm. Great way to make new friends while having fun

with old friends. Come join us for our 2025 summer camp.

JLD Trainers Instructors:

JLD Equine, 1942 Turk Hill Road Location:

Dates: Code: 325702-A M.-Th., 6/30-7/3 9:00 AM-3:00 PM (4 classes)

Res \$360, Non-Res \$370

Code: 325702-B M.-F., 7/7-7/11 9:00 AM-3:00 PM (5 classes)

Res \$450, Non-Res \$460

Code: 325702-C M.-F., 7/21-7/25 9:00 AM-3:00 PM (5 classes)

Res \$450, Non-Res \$460

Code: 325702-D M.-F., 7/28-8/1 9:00 AM-3:00 PM (5 classes) Res \$450, Non-Res \$460

Code: 325702-E M.-F., 8/4-8/8 9:00 AM-3:00 PM (5 classes)

Res \$450, Non-Res \$460

**Code: 325702-F** M.-F., 8/11-8/15 9:00 AM-3:00 PM (5 classes)

Res \$450, Non-Res \$460

Code: 325702-G M.-F., 8/18-8/22 9:00 AM-3:00 PM (5 classes)

Res \$450, Non-Res \$460

Code: 325702-H M.-F., 8/25-8/29 9:00 AM-3:00 PM (5 classes)

Res \$450, Non-Res \$460

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

Ages: 5-12 years

> Rich, The Magic Man, Rochester's busiest magician, will teach your child the secrets of magic! Balloon twisting is one of the coolest skills you will learn as well! Campers keep all magic tricks and balloon sculptures. All kids love bubbles! Learn many different techniques. This camp will improve self-confidence, self-esteem and fine motor skills!

Instructor: Rich Stein

Location: PCC

Code: 335817-A M.-Th., 8/4-8/7 1:00-2:30 PM (4 classes) Dates:

Res \$100, Non-Res \$110

# NEW! My Dance Era Dance Camp

Ages: 3-12 years

Celebrate being in your Dance Era Swifties at your favorite pop icon inspired dance camp! Campers are encouraged to channel their inner Taylor and dress up in their favorite era as we learn dances to our favorite TSwift hits. We'll have time to craft friendship bracelets reminiscent of

those exchanged at Taylor's concert. **Studio East Dance Company Instructors** 

Instructors: Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3 Code: 325856-C M.-F., 7/21-7/25 9:00 AM-12:00 PM (5 classes) Dates:

Res \$165, Non-Res \$175

# **Nature Explorers**

Ages: 9-11 years

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

Instructors: Karen Barriault & Staff

White Brook Nature Area, 250 Aldrich Road Location:

Code: 325845-A M.-F., 8/11-8/15 9:00 AM-3:00 PM (5 classes) Dates:

Res \$195, Non-Res \$205

# **Nature Explorers Too**

6-8 years Ages:

> Come and spend more than a week having fun exploring the White Brook Nature Area with hikes, bug catching, crafts and so much more. All activities designed to discover and identify the plants, insects and animals that live there and learn about their habitat. Don't forget to bring your lunch, water bottle, sneakers, bug repellent and your

enthusiasm. Afternoon snack provided. Instructors: Karen Barriault & Staff

White Brook Nature Area, 250 Aldrich Road Location:

Dates: Code: 325845-C M.-F., 7/28-8/1 9:00 AM-2:30 PM (5 classes)

Res \$185, Non-Res \$195

Code: 325845-D M.-F., 8/4-8/8 9:00 AM-2:30 PM (5 classes)

Res \$185, Non-Res \$195

# NEW!! Once Upon a Time Dance Camp

Ages:

Step into a world of enchantment at Once Upon a Time Camp, where our favorite princes and princesses - Moana, Elsa, Anna, Cinderella, the Beast, Naveen and more - come to life! Campers will dance, tumble, act and create magical crafts inspired by these beloved characters. Each day, we will embark on a fun-filled adventures, from singing, dancing and

creating magical memories.

Studio East Dance Company Instructors Instructors:

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

Dates: Code: 325856-E M.-F., 8/4-8/8 9:00 AM-12:00 PM (5 classes)

Res \$165, Non-Res \$175

Pre-K Hooray

4-5 years Ages:

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

enrollment age is adhered to. Snack provided.

Instructor: **Sue Nichols** Location:

Dates: America's Birthday

Code: 315818-A M.-Th., 6/30-7/3 9:30-11:30 AM (4 classes)

Res \$68, Non-Res \$75 (Full) **Colors of the Rainbow** 

Code: 315818-B M.-F., 7/7-7/11 9:30-11:30 AM (5 classes)

Res \$85, Non-Res \$94 (Full)

Zoo-Topia

Code: 315818-C M.-F., 7/14-7/18 9:30-11:30 AM (5 classes)

Res \$85, Non-Res \$94 (Full) **Bugs and Butterflies** 

**Code:** 315818-D M.-F., 7/21-7/25 9:30-11:30 AM (5 classes)

Res \$85, Non-Res \$94 **Exploring My World** 

Code: 315818-E M.-F., 7/28-8/1 9:30-11:30 AM (5 classes)

Res \$85, Non-Res \$94 (Full)

Ready, Set, Kindergarten!

Grades: Entering K in Fall 2025

> Children will listen to stories, create crafts, play games and make new friends. Each day will be themed around a renowned children's book and set up in the same format as a day in Kindergarten. By the end of the week, your child will feel prepared to start his/her Kindergarten journey!

Instructors: Mary Beth Foote & Lora Pepper

Location: PCC

Dates: **Code: 342711-A** M.-Th., 8/4-8/7 9:00-11:30 AM (4 classes)

Res \$150, Non-Res \$160

Code: 342711-B M.-Th., 8/4-8/7 12:30-3:00 PM (4 classes)

Res \$150, Non-Res \$160

Summer Pool Camp Program

6-12 years Ages:

> If you love the water, you will love this day camp! Held at the Community Center, kids will have a swim lesson along with water activities, crafts and outdoor games. The day is capped off with free swim in the afternoon. One of our most popular summer programs, so register early.

Must be 6 or have completed Kindergarten.

Location: PCC

Dates: Code: 323326-A M.-Th., 6/30-7/3 9:00 AM-4:00 PM (4 classes)

Res \$160, Non-Res \$170

Code: 323326-B M.-F., 7/7-7/11 9:00 AM-4:00 PM (5 classes)

Res \$200, Non-Res \$210 (Full)

Code: 323326-C M.-F., 7/14-7/18 9:00 AM-4:00 PM (5 classes)

Res \$200, Non-Res \$210

Code: 323326-D M.-F., 7/21-7/25 9:00 AM-4:00 PM (5 classes)

Res \$200, Non-Res \$210 (Full)

Code: 323326-E M.-F., 7/28-8/1 9:00 AM-4:00 PM (5 classes)

Res \$200, Non-Res \$210 (Full)

Code: 323326-F M.-F., 8/4-8/8 9:00 AM-4:00 PM (5 classes)

Res \$200, Non-Res \$210 (Full)

Code: 323326-G M.-F., 8/11-8/15 9:00 AM-4:00 PM (5 classes)

Res \$200, Non-Res \$210 (Full)

Register Online Using Our WebTrac System See Page 22 https://webtrac.perinton.org

## **Summer Theatre Camps**

Grades:

K-8 This program provides focused acting, singing, movement/dance and technical theatre training all within the rehearsal process. Perfect for children who love theatre or have a desire to see what it's all about! Campers will also be focusing on creating sets, props and costumes.

- · Campers staying the full day will need a packed lunch, filled water bottle, and 2 snacks each day
- Campers staying for a half day will need a water bottle and 1 snack each day
- · Campers should wear comfortable clothing and shoes that permit movement and dancing

Instructor: Bravo! Creative Arts, Ed Rocha

Location:

Taylor Swift Camp

Dates: **Grades K-3** 

**Code: 325232-A** M.-Th., 6/30-7/3 9:00-11:30 AM (4 classes)

Res \$100, Non-Res \$110

**Code: 325232-AA** M.-Th., 6/30-7/3 8:30 AM-4:30 PM (4 classes)

Res \$180, Non-Res \$190 Performance on 7/3 at 11:30 AM

**Grades 3-8** 

**Code: 325232-AB** M.-Th., 6/30-7/3 9:00 AM-3;30 PM (4 classes)

Res \$200, Non-Res \$210

Code: 325232-AC M.-Th., 6/30-7/3 8:30 AM-4:30 PM (4 classes)

Res \$280, Non-Res \$290 Performance on 7/3 at 5:00 PM

Once Upon a Time

**Grades K-3** Dates:

Code: 325232-B M.-F., 7/7-7/18 9:00-11:30 AM (10 classes)

Res \$200, Non-Res \$210

Code: 325232-BA M.-F., 7/7-7/18 8:30 AM-4:30 PM (10 classes)

Res \$380, Non-Res \$390 Performance on 7/18 at 11:30 AM

Into the Woods Jr.

Dates: Grades 3-8

Code: 325232-C M.-F., 7/7-7/18 9:00 AM-3:30 PM (10 classes)

Res \$350, Non-Res \$360

Code: 325232-CA M.-F., 7/7-7/18 8:30 AM-4:30 PM (10 classes)

Res \$480, Non-Res \$490 Performance on 7/18 at 5:00 PM

Disney's *Frozen Kids* 

Grades K-3 Dates:

Code: 325232-D M.-F., 7/21-8/1 9:00-11:30 AM (10 classes)

Res \$200, Non-Res \$210

Code: 325232-DA M.-F., 7/21-8/1 8:30 AM-4:30 PM (10 classes)

Res \$380, Non-Res \$390 Performance on 8/1 at 11:30 AM

Disney's Frozen Jr.

**Grades 3-8** Dates:

**Code: 325232-E** M.-F., 7/21-8/1 9:00 AM-3:30 PM (10 classes)

Res \$350, Non-Res \$360

Code: 325232-EA M.-F., 7/21-8/1 8:30 AM-4:30 PM (10 classes)

Res \$480, Non-Res \$490 Performance on 8/1 at 5:00 PM

Under the Sea

Dates: **Grades K-3** 

**Code: 325232-F** M.-F., 8/4-8/15 9:00-11:30 AM (10 classes)

Res \$200, Non-Res \$210

**Code: 325232-FA** M.-F., 8/4-8/15 8:30 AM-4:30 PM (10 classes)

Res \$380, Non-Res \$390

Performance on 8/15 at 11:30 AM

Disney's Little Mermaid Jr.

Dates:

Code: 325232-G M.-F., 8/4-8/15 9:00 AM-3:30 PM (10 classes)

Res \$350, Non-Res \$360

Code: 325232-GA M.-F., 8/4-8/15 8:30 AM-4:30 PM (10 classes)

Res \$480, Non-Res \$490 Performance on 8/15 at 5:00 PM

Disney's Alice in Wonderland Kids

**Grades K-3** Dates:

Code: 325232-H M.-F., 8/18-8/29 9:00-11:30 AM (10 classes)

Res \$200, Non-Res \$210

Code: 325232-HA M.-F., 8/18-8/29 8:30 AM-4:30 PM (10 classes)

Res \$380, Non-Res \$390 Performance on 8/29 at 11:30 AM

Disney's Alice in Wonderland Jr.

Dates:

Code: 325232-I M.-F., 8/18-8/29 9:00 AM-3:30 PM (10 classes)

Res \$350, Non-Res \$360

Code: 325232-IA M.-F., 8/18-8/29 8:30 AM-4:30 PM (10 classes)

Res \$480, Non-Res \$490 Performance on 8/29 at 5:00 PM

**NEW!!** Superhero and Villain Takeover Dance Camp

Ages: 3-12 years

Superheroes and Villains unite under one roof for 5 days of dancing and fun! Join us as we learn ballet, jazz, hip hop, tumble and creative movement - all while incorporating movement styles by your favorite superheroes and villains! Campers imagine their own character and

bring them to life by making themed crafts all week.

**Studio East Dance Company Instructors** Instructors:

Studio East Dance Company, 370 Macedon Center Road, Suite 3 Location: Dates: Code: 325856-D M.-F., 7/21-7/25 9:00 AM-12:00 PM (5 classes)

Res \$165, Non-Res \$175

**Wee Nature Explorers** 

3-5 years Ages:

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

required. We will have tons of fun!

Instructors: Karen Barriault & Staff

White Brook Nature Area, 250 Aldrich Road Location:

Dates: Code: 315215-A M.-Th., 6/30-7/3 9:30-11:30 AM (4 classes)

Res \$105, Non-Res \$115

Code: 315215-B M.-F., 7/7-7/11 9:30-11:30 AM (5 classes)

Res \$120, Non-Res \$130

Code: 315215-C M.-F., 7/14-7/18 9:30-11:30 AM (5 classes)

Res \$120, Non-Res \$130

Code: 315215-D M.-F., 7/21-7/25 9:30-11:30 AM (5 classes)

Res \$120, Non-Res \$130





# NEW! Wickedly Popular Dance Camp

Ages: 3-12 years

> Follow the Yellow Brick Road to this Wickedly awesome, very POPULAR camp! Studio East Camp "Wickedly Popular" will be sure to defy all expectations of fun this summer. Campers will attend Shiz University, where knowledge meets magic! All Shiz campers will create OZsome crafts that will even wow the Wizard himself, learn dance and tumble

skills and make friends. **Studio East Dance Company Instructors** Instructors:

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

Code: 325856-A M.-F., 7/7-7/11 9:00 AM-12:00 PM (5 classes) Res \$165, Non-Res \$175



# **Young Nature Explorers**

5-7 years Ages:

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

required. We will have tons of fun!

Instructors: Karen Barriault & Staff

White Brook Nature Area, 250 Aldrich Road Location:

Dates: **Code: 325215-A** M.-Th., 6/30-7/3 1:00-3:30 PM (4 classes)

Res \$115, Non-Res \$125

**Code: 325215-B** M.-F., 7/7-7/11 1:00-3:30 PM (5 classes)

Res \$135, Non-Res \$145

Code: 325215-C M.-F., 7/14-7/18 1:00-3:30 PM (5 classes)

Res \$135, Non-Res \$145

Code: 325215-D M.-F., 7/21-7/25 1:00-3:30 PM

Res \$135, Non-Res \$145



# SKILL DEVELOPMENT

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

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

# Fairport Baseball Youth Camp

6-18 years Ages:

Join the 9-time Section V Champion and 2024 NYS Champion Fairport Red Raiders Baseball program for an action-packed baseball camp! Develop hitting, fielding, pitching, and game strategy with top-tier coaching and high-energy drills. Learn from the best, compete like a champion, and have a blast on the field. Don't miss out - sign up

today! Rain Date 8/8.

Instructors: Kieran Murphy & Tyler Holmes

FHS Baseball Fields Location:

Dates: 6-11 years

Code: 325701-A M.-Th., 8/4-8/7 9:00-11:30 AM (4 classes)

Res \$150, Non-Res \$160

12-18 years

Code: 325701-B M.-Th., 8/4-8/7 12:00-2:30 PM (4 classes)

Res \$150, Non-Res \$160

# **Fairport Basketball Camps**

6-12 years and Grades: 7-9 Ages:

These sessions include warmups, game rules, ball handling, passing, shooting, dribbling, one-on-one moves and man-to-man defense! Older age groups will go into more detailed aspects of the game. Players are assigned to teams and participate in games daily. Free throw contest with trophies will conclude all sessions! Please note

shirt size when registering.

Instructors: Scott Fitch, FHS Boys Varsity Basketball Coach & Staff

Location: School Gyms

Dates: 6-7 years - Brooks Hill School

Code: 325302-A M.-Th., 7/7-7/10 8:00-10:30 AM (4 classes)

Res \$185, Non-Res \$195

8-9 years - Johanna Perrin Middle School

Code: 325302-B M.-Th., 7/7-7/10 8:00-10:30 AM (4 classes)

Res \$185, Non-Res \$195

10 years - Fairport High School

Code: 325302-C M.-Th., 7/7-7/10 8:00-10:30 AM (4 classes)

Res \$185, Non-Res \$195

11-12 years - Fairport High School

Code: 325302-D M.-Th., 7/7-7/10 8:00-10:30 AM (4 classes)

Res \$185, Non-Res \$195

**Grades 7-8 - Fairport High School** 

Code: 325302-E M.-Th., 7/7-7/10 11:00 AM-1:30 PM (4 classes)

Res \$185, Non-Res \$195 **Grade 9 - Fairport High School** 

Code: 325302-F M.-Th., 7/7-7/10 11:00 AM-1:30 PM (4 classes)

Res \$185, Non-Res \$195

# **Fairport Cross Country Summer Running** — Come Run With Us!

Grades: 8-12 (entering in Fall 2025)

> A week of kick-off cross country camp followed by Tu./Th./Sat. running training sessions. We will kick off our summer training as a cross country team. Practices will focus on running, general conditioning, and team building. Athletes need to have proper running attire, a running watch, water bottle and running sneakers. Registration

includes dri-fit shirt. Please note shirt size while registering.

Christy Moore & Ben Bulkeley Instructors:

Center Park Location:

Dates: Code: 325706-A M.-Sat. (week 1) 6/23-6/28 followed by

Tu./Th./Sat. 4:30-6:30 PM (M.-F.) & 8:00-10:00 AM (Sat.)

Res \$150, Non-Res \$160

# **NEW!! Fairport Tennis Skills Camp**

7-12 (entering in Fall 2025) Grades:

> This camp is for anyone interested in improving their tennis skills! Athletes will participate in a variety of tennis drills and games all in a fun environment. No experience necessary. This is a 3-day camp; we

will use 7/17 and 7/18 as "rain dates" only if needed.

Joe Ahl & Tim O'Brien Instructors: **FHS Tennis Courts** Location:

Dates: Girls

Code: 325229-A M.-W., 7/14-7/16 5:00-6:30 PM (3 classes)

Res \$75, Non-Res \$83

**Code: 325229-B** M.-W., 7/14-7/16 6:30-8:00 PM (3 classes)

Res \$75, Non-Res \$83

## **Introduction to Softball**

Grades: K-2

> If your daughter would like to try softball, this clinic is for her! Players work on fundamentals like throwing, catching, fielding and hitting.

Coaches teach the basics of the game, while having fun!

**Shari Gerevics** Instructor:

Location: Fairport Little League Fields

Dates: Code: 325351-A M.-Th., 7/28-7/31 6:00-7:00 PM (4 classes)

Res \$40, Non-Res \$44 (F., 8/1 rain date)

# **Summer Soccer Camp**

Grades:

The Perinton Recreation Summer Soccer Camp focuses on having fun while playing the game of soccer. The goal is to provide the players with a well-rounded soccer experience, covering technical development and tactics while playing the game. We use small sided games with smaller teams so that all players have the opportunity to

develop their skills and get involved in the games.

Instructor: Bill Teasdale & Fairport coaching staff

Location: Center Park Dates:

**Code: 325306-A** M.-Th., 7/28-7/31 9:30 AM-2:30 PM (4 classes)

Res \$180, Non-Res \$190



## SKILL DEVELOPMENT CAMPS

## **Volleyball Summer Camp**

Ages:

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

experience levels.

Instructor: John Bednarczyk

Location: PCC

Dates: Code: 335302-A M.-F., 8/11-8/15 10:00 AM-12:00 PM (5 classes)

Res \$100, Non-Res \$110

Code: 335302-B M.-F., 7/21-7/25 10:00 AM-12:00 PM (5 classes)

Res \$100, Non-Res \$110

# **Warrior Camp**

8-14 years Ages:

> Become a warrior! Designed for beginners, or those who want to brush up on their fencing and martial arts skills! Warrior Camp teaches the skills of fencing, martial arts, stage combat and more. Attendees will have fun learning the history of the sport, various Olympic styles and, of course...fence with swords! Fencing is one of the safest sports and all equipment is provided for the duration of the camp.

Instructors: Rochester Fencing Club

Location: Rochester Fencing Club, 3335 Brighton-Henrietta Townline Road Dates: Code: 321835-A M.-F., 7/28-8/1 9:00 AM-3:00 PM (5 classes)

Res \$395, Non-Res \$405

Code: 321835-B M.-F., 8/11-8/15 9:00 AM-3:00 PM (5 classes)

Res \$395, Non-Res \$405

Code: 321835-C M.-F., 8/18-8/22 9:00 AM-3:00 PM (5 classes)

Res \$395, Non-Res \$405





# **Youth Cheerleading Camp**

Grades:

This class is a great opportunity to learn the fundamentals of cheerleading! Participants will learn proper stretching, dance, motion and jump technique. We will also learn how to stunt and tumble safely! Please wear t-shirt, shorts and sneakers and hair up in ponytail. Receive a t-shirt if registered before June 23rd. Please note shirt size

while registering.

Elaine McGurk Instructor:

Location: Martha Brown Middle School

Code: 335375-A M.-Th., 7/7-7/10 5:00-7:30 PM (4 classes) Dates:

Res \$150, Non-Res \$160

# **Youth Wrestling**

Ages: 6-11 years

Come learn the basics about the sport of wrestling and learn a few new moves. Have fun, stay active and learn to compete! Fundamental skills will be taught while incorporating fun games related to the sport of wrestling. Campers should wear a t-shirt/shorts. Wrestling shoes are

recommended but not required.

Josh Lenhard Instructor: Location: Johanna Perrin Gym

Dates: 6-8 years

Code: 325350-A Tu.-Th., 7/1-7/3 9:00-10:30 AM (3 classes)

Res \$30, Non-Res \$33

9-11 years

Code: 325350-B Tu.-Th., 7/1-7/3 10:30 AM-12:00 PM (3 classes)

Res \$30, Non-Res \$33



# PRESCHOOL

Register early to avoid program cancellation due to low enrollment.

### A note on Preschool Programs:

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

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

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

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

# Baby Blades

2-6 years Ages:

Introduce your baby to the ice! This program is designed to get children excited about being on the ice! Classes focus on acquainting young children with the ice and developing coordination in a creative and playful environment. Skaters should dress warmly and a helmet is required to skate. An additional \$20 fee must be paid to the instructor the first day of class for USFS LTS registration for insurance. Skate rental available for the additional cost of \$12 for the

3-week session. Instructor: Pamela Warren

Location: Paul Louis Ice Arena, 1 Boys Club Place, Rochester

Dates: **Code: 335824-A** W., 7/9-7/23 7:00-7:50 PM (3 classes)

Res \$75, Non-Res \$83

Code: 335824-AA Sun., 8/3-8/17 12:00-12:50 PM (3 classes)

Res \$75, Non-Res \$83





# Latin Rhythms

4-10 years Ages:

> This energetic, bilingual dance class will introduce you to the exciting rhythms and movements of Latin American dance styles! Highlights: Learn various Latin dance styles, Bilingual Instruction (English & Spanish). Great for all skill levels! Fun, energetic atmosphere! Don't miss out on this fantastic opportunity to dance, laugh and make new

Instructors: Evelyn D'Agostino & Sol Del Carpio

Location: PCC

Code: 316800-A Tu., 7/1-8/12 5:30-6:25 PM (7 classes) Dates:

# Lil' Athletes with Coach Lisa

See Youth & Teen page 36

# Lil' Future Athletes with Coach Lisa

3-4 years Ages:

> Lil' Future Athletes is a positive and fun introduction to sports of all sorts. All games and activities promote the development of gross motor skills and encourage peer interaction in a safe and noncompetitive environment. Sports include soccer, tennis, hockey, golf

and basketball. Come join the fun!

Instructor: Lisa Magliato

Location: PCC

Code: 311819-A M.-F., 7/7-7/11 10:00-10:45 AM (5 classes) Dates:

Res \$89, Non-Res \$98

Register Online Using Our WebTrac System - See Page 22 https://webtrac.perinton.org

NEW! Peppy Pick Up Camp

Ages:

Join friends and Coach Mary for a fun new way to get your little athlete playing with others! Each evening we will play a game of Soccer, Basketball or T-ball! Learn skills needed to play and be a good sport too! Kick summer off with all the fun of a pick-up game with friends!

Instructor: Mary Slaughter

PCC Location:

Dates:

Code: 315826-A Tu.-Th., 7/1-7/3 5:30-6:10 PM (3 classes)

Res \$59, Non-Res \$65

Preschool Adventures: Bugs

2-6 years (adult participation required) Ages:

Come explore the wonderful world of insects! We will learn about the different parts of these tiny creatures and go on an indoor bug hunt. We will create some eight legged art projects, listen to a story

and explore large and small motor activities together.

Instructor: **Sherry Murray** 

Location: PCC

Code: 328828-D Date: Tu., 8/5 10:00-11:00 AM (1 class)

Res \$16, Non-Res \$18

**NEW!** Preschool Adventures: Christmas in July

2-6 years (adult participation required) Ages:

> Are you always too busy in December to make some fun keepsakes? We will read Are You Grumpy Santa?, make a few Christmas

ornaments, decorate a tree and snack on fried snowflakes.

Instructor: **Sherry Murray** 

**PCC** Location:

Code: 328828-A Tu., 7/15 10:00-11:00 AM Date:

Res \$18, Non-Res \$20

Preschool Adventures: Going on a Bear Hunt

2-6 years (adult participation required) Ages:

Bring a small stuffed bear and your imagination to travel on a bear hunt through the community center. Children and their adult will make a bear cave, paint, explore and dance. We're not scared!

Instructor: **Sherry Murray** 

Location: PCC

Date: Code: **328828-C** Tu., 7/29 10:00-11:00 AM

Res \$16, Non-Res \$18

NEW! Preschool Adventures: If You Give a Mouse a Cookie

2-6 years (adult participation required) Ages:

> In this fun class, we will follow the adventures of the main character in If You Give a Mouse a Cookie. We will paint with tissue paper, make a mouse puppet, string a necklace, and play Bingo together.

Instructor: **Sherry Murray** 

**PCC** Location:

Date: Code: 328828-B Tu., 7/22 10:00-11:00 AM (1 class)

Res \$16, Non-Res \$18



NEW!! Summer Building Fun!

Ages: 3 years and over

Summer is a GREAT time for LEGO building! We are opening up our Beginning Builders group to include older kids who want to stop by and build marvelous LEGO creations. We supply the pieces and minifigs. Your job is to build something you like. We also provide Duplos for younger kids. We request that parent or guardian join us.

Instructor: Dave Jutsum

Location: PCC

**Code: 316822-A** Tu., 7/1-7/8 10:00-11:00 AM (2 classes) Dates:

Res \$5, Non-Res \$6

Code: 316822-B Tu., 7/15-7/22 10:00-11:00 AM (2 classes)

Res \$5, Non-Res \$6

Code: 316822-C Tu., 7/29-8/5 10:00-11:00 AM (2 classes)

Res \$5, Non-Res \$6

Code: 316822-D Tu., 8/12-8/19 10:00-11:00 AM (2 classes)

Res \$5, Non-Res \$6

**Code:** 316822-E Tu., 8/26-9/2 10:00-11:00 AM (2 classes)

Res \$5, Non-Res \$6

**NEW!!** Summer Hoppers

20 months-4 years Ages:

> Your summer hopper will be hopping over and under obstacle courses while trying out new and safe ways to tumble! Summer session includes lots of room to run in the gym. There is no better way to develop coordination and strength than hopping along with

Coach Mary and friends!

Instructor: Mary Slaughter

PCC Location:

Code: 311838-A Th., 7/31-8/21 4:30-5:00 PM (4 classes) Dates:

Res \$69, Non-Res \$76

Summer Sporty Tots

Ages:

Enjoy the summer evenings with your peppy tot and the sports we play! Join weekly fun with friends and Coach to play the adapted games and drills of dribbling and shooting for Soccer and Lacrosse! Lots of great exercise and fundamentals for all ages! Soccer balls and Lacrosse sticks are welcome but not required. Everyone goes

home tired!

Mary Slaughter Instructor:

Location: PCC

Dates:

**Code: 311837-A** Th., 7/31-8/21 6:00-6:35 PM (4 classes)

Res \$69, Non-Res \$76

Tiny Trotters

Ages:

A beginner class for the younger child who loves horses. They will learn how to groom and lead their pony on foot. In the saddle, they will learn the basics of steering while walking and halting their pony. They will also learn about the rules for staying safe while

riding.

Instructors: **JLD Trainers** 

Location: JLD Equine, 1942 Turk Hill Road

**Code: 325752-A** M., 7/21-8/11 3:30-4:00 PM (4 classes) Dates:

Res \$200, Non-Res \$210

Code: 325752-B Tu., 7/8-7/29 3:30-4:00 PM (4 classes)

Res \$200, Non-Res \$210

Code: 325752-C Tu., 8/5-8/26 3:30-4:00 PM (4 classes)

Res \$200, Non-Res \$210

Code: 325752-D F., 7/11-8/1 3:30-4:00 PM (4 classes)

Res \$200, Non-Res \$210

Code: 325752-E F., 8/8-8/29 3:30-4:00 PM (4 classes)

Res \$200, Non-Res \$210

# YOUTH & TEEN

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

**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.

### After School Fun Zone

K-6 Grades:

> 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-2 and 3-6. Staff will provide supervised activities like games, swimming, gym time, arts and crafts, and much more. Grades 3-6 will have access to WiFi 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.

End of school day - 6:00 PM Times:

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

Cost: Fall Semester

K-2

Code: 425538-A \$1,140 (payable in one installment) Code: 425538-B \$1,200 (payable in \$300/month installments)

Code: 425538-C \$1,140 (payable in one installment)

**Code: 425538-D** \$1,200 (payable in \$300/month intallments)

Registration: Please send form to Michael Clark at the Perinton Community Center. Registration for returning participants begins June 2 and is due by June 16. \* A lottery will be held on July 9 to fill the open spots for the program. Registration for the lottery will begin June 18. Please fill out the regular registration form to enroll in this lottery. Your form must be received by July 9 at noon to be eligible. 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.





# All About Tumbling

5-10 years Ages:

> Have fun while learning basic to advanced tumbling skills. All levels welcome and will be taught to individual levels. A great class for gymnasts and cheerleaders. Will build self-confidence, learn motor skills, coordination and body awareness.

Wendy Reback Instructor:

Location: PCC

Dates: Code: 321813-A M., 7/7-8/11 (ex. 7/14) 4:45-5:30 PM

(5 classes) Res \$68, Non-Res \$75



# Aspire

6 years and over Ages:

Join Aspire and take your skating to the next level! Aspire is a bridge program between Learn to Skate USA and advanced figure skating classes. Classes are designed to help each skater meet his or her individual skating goals, while introducing them to advanced figure skating training. A 25-minute lesson with 25 minutes of practice. An additional \$20 fee must be paid to instructor on the 1st for US figure Skating for insurance coverage. Skate rental is also available for the additional cost of \$12 for the 3-week session.

Instructor: Pamela Warren

Location: Paul Louis Ice Arena, 1 Boys Club Place, Rochester

Dates: **Code: 335836-A** W., 7/9-7/23 7:00-7:50 PM (3 classes)

Res \$75, Non-Res \$83

**Code: 335836-B** Sun., 8/3-8/17 12:00-12:50 PM (3 classes)

Res \$75, Non-Res \$83



Requests:

### Fall Youth Soccer

Grades: K-5, Co-Ed (child must be enrolled in Kindergarten - No Pre-K)

> 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 22, however, the program may fill prior to this date. We will continue to accept registrations as space allows. However, please register early

as your desired night may fill.

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, no later than August 8. We perform background checks on all of our youth sport coaches. A mandatory coaches' meeting will take place on Monday, August 25 at 6:15 PM. Requests to be paired with another teammate will be reviewed on

a case-by-case basis. The request must be noted on the registration form or under "Add a Note or Info to Staff" before proceeding to

checkout on WebTrac. Not all requests will be granted.

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

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

Dates: Begins the week of September 8. 9/8-10/25

Day & Time: Weeknights (Monday-Thursday) practices 6:00 PM to dusk and

Saturday game start time between 8:45-11:15 AM.

Center Park West, Fellows Road and Potter Park Soccer Fields (TBD) Location:

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

**Grades K-1** 

Code: 424721-AA **Practice Mondays** Code: 424721-AB **Practice Tuesdays** Code: 424721-AC **Practice Wednesdays** Code: 424721-AD **Practice Thursdays** 

Grades 2-3

Code: 424721-BA **Practice Mondays** Code: 424721-BB **Practice Tuesdays** Code: 424721-BC **Practice Wednesdays** Code: 424721-BD **Practice Thursdays** 

**Grades 4-5** 

Code: 424721-CA **Practice Mondays** Code: 424721-CB **Practice Tuesdays** Code: 424721-CC **Practice Wednesdays** Code: 424721-CD **Practice Thursdays** 

Register Online Using Our WebTrac System - See Page 22 https://webtrac.perinton.org

# NEW!! Gaga for Ninjas - Camp

Ages:

Friendly fun for active kids! This week you will love to climb our walls like ninjas AND use the giant inflatable Gaga pit for games! If you want new ways to climb, run or tumble, you'll be excited by our ninja-warrior challenges! Never tried Gaga? It's pure energy and agility-fun! Mini-tramp, running fun and gaga variations will up

everyone's game at any skill level.

Mary Slaughter Instructor:

Location: PCC

Code: 316818-A Tu.-Th., 8/26-8/28 11:15 AM-12:00 PM Dates:

(3 classes) Res \$59, Non-Res \$65

## Gymnastics Club

4 1/2-10 years Ages:

> This class offers energetic gymnastics lessons for a small-sized group using multiple beams, mats, floor-bars, and mini-tramp vaulting. Using the gym, we run and tumble to grow a solid tumbling foundation with attention to each child's strengths by safety-certified Coach Mary. Gymnastics is great for whole body

strength, balance and coordination!

Mary Slaughter Instructor:

Location:

Dates: **Code: 335828-A** Th., 7/31-8/21 3:50-4:30 PM (4 classes)

Res \$69, Non-Res \$76

# Gymnastics & Parkour - Camp

Ages:

Tumbling, parkour, even cheerleading all start with strong gymnastics skills! From handstands to handsprings, try tricks with Coach Mary, safety-certified Gymnastics Coach! Join friends on the tumble track, stack vault, beams and floor-bars to learn fundamentals at every developmental level plus many cross-over

skills good for all sports!

Instructor: Mary Slaughter

Location: PCC

Dates: **Code: 335827**-A Tu.-Th., 8/26-8/28 10:15-11:10 AM (3 classes)

Res \$69, Non-Res \$76

# Illustration, Character Design and Story Telling

10-13 years Ages:

> This program is designed for tweens and teens who love to draw, tell stories and meet new friends with similar interests! In this class, we will go over the fundamentals of illustration, story telling, character design and comic creation through 5 different in-class projects and exercises. If you're the next Walt Disney or Stan Lee,

this class is for you!

Instructor: Sally George

PCC Location:

Dates:

**Code: 322877-A** Th., 7/3-7/31 5:30-7:00 PM (5 classes)

Res \$150, Non-Res \$160

Code: 322877-B Tu., 8/5-9/2 5:30-7:00 PM (5 classes)

Res \$150, Non-Res \$160

# Intro to First Lego League Robotics

Grades:

Do you have a student that is interested in learning about Robotics? Come join us for an informational and hands-on session to learn about Fairport's First LEGO League Teams and how to get involved.

This session is for BOTH parents and students to attend.

Instructors: **Fairport Robotics Team & Coaches** 

Location:

Date: Code: 322707-E W., 8/6 6:00-7:30 PM (1 class) No charge Intro to Horse Back Riding

Ages:

A beginner class for the child who wants to learn to ride. Experienced trainers will teach the basics of walk, trot, steering the horse and safety rules while the child is in the saddle. Some classes may include grooming, how to tack up and how to properly

cool down the horse after riding.

**JLD Trainers** Instructors:

JLD Equine, 1942 Turk Hill Road Location:

Dates: **Code: 335752-A** W., 7/9-7/30 4:00-5:00 PM (4 classes)

Res \$200, Non-Res \$210

Code: 335752-B W., 8/6-8/27 4:00-5:00 PM (4 classes)

Res \$200, Non-Res \$210

Code: 335752-C F., 7/25-8/15 5:00-6:00 PM (4 classes)

Res \$200, Non-Res \$210

NEW!! Intro to Whitewater Kayaking

See Adult page 52

Isshin-Ryu Karate - Beginner Through Orange Belts

6 years and over Ages:

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: 325808-AA M., 6/30-8/25 5:45-6:30 PM (9 classes)

Res \$108, Non-Res \$118

Code: 325808-A W., 7/2-9/3 5:30-6:20 PM (10 classes)

Res \$120, Non-Res \$130

Isshin-Ryu Karate - Black Belts

6 years and over Ages:

> 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.

Sensei Ann Peck Instructor:

Location: PCC

Code: 325808-C W., 7/2-9/3 6:30-8:00 PM (10 classes) Dates:

Res \$120, Non-Res \$130

Isshin-Ryu Karate - Green Belt Through Purple Belts

6 years and over Ages:

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

**Code: 325808-B** W., 7/2-9/3 6:30-7:20 PM (10 classes) Dates:

Res \$120, Non-Res \$130

Isshin-Ryu Karate Intermediate Green Through Black Belts

6 years and over Ages:

> This is an intermediate class which in addition to belt requirements for advancement, there will be an emphasis on improving sparring skills, advanced self-defense techniques and

tournament training.

Instructors: Wally Peck & Ann Peck & FKA Instructors

Location: PCC

Dates: **Code: 325808-BB** M., 6/30-8/25 7:00-8:00 PM (9 classes)

Res \$108, Non-Res \$118

Isshin-Ryu Karate Junior Beginners

4-6 years Ages:

> This class is designed for younger children. Students will learn "mini" katas and fundamental karate techniques as well as working on listening skills and following directions in a fun and safe atmosphere. This is a smaller group setting than our 6 year old and above class. Students will start out at white belt and earn striped

belts on their way to solid yellow belt.

Instructors: Sensei Ann Peck & Sensei Wally Peck

Location:

Dates: **Code: 325808-E** M., 6/30-8/25 5:00-5:40 PM (9 classes)

Res \$108, Non-Res \$118

JKD - Kung Fu

See Adult page 53

Kid's Fun Spanish

6-11 years Ages:

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 build bigger, smarter and stronger brains.

Lourdes de la Colina-Scolfield

Instructor: PCC Location:

Code: 322875-A Th., 7/10-8/7 9:00-9:45 AM (5 classes) Dates:

Res \$120, Non-Res \$130

NEW!! Kids Level 1 Kayaking

10-18 years Ages:

> We invite your child to join us for a wet and wild adventure at Lock 32 on the Erie Canal! Our elite instructors will teach your child how to maneuver their kayak while providing a fun and safe experience on the water. This program incorporates many fun activities, including swimming the rapids, a multitude of water games, and other exciting team building exercises. There is no better way to build a strong kayaking foundation and enjoy fun in the sun than with "Kids Kayaking Level 1." No kayaking experience needed, all necessary equipment is included, but feel free to bring your own

whitewater boat and equipment. Paul Twist

Instructor: Lock 32 Whitewater Park, 2797 Clover Street, Pittsford Location:

Dates: **Code: 348806-A** M.-F., 7/7-7/11 9:00 AM-12:00 PM (5 classes)

Res \$375, Non-Res \$385

Code: 348806-B M.-F., 7/21-7/25 1:00-4:00 PM (5 classes)

Res \$375, Non-Res \$385

**Code: 348806-C** M.-F., 8/4-8/8 9:00 AM-12:00 PM (5 classes)

Res \$375, Non-Res \$385

**Code: 348806-D** M.-F., 8/18-8/22 1:00-4:00 PM (5 classes)

Res \$375, Non-Res \$385

Code: 348806-E M.-F., 8/25-8/29 9:00 AM-12:00 PM (5 classes)

Res \$375, Non-Res \$385

## Latin Rhythms

4 years and over Ages:

This energetic, bilingual dance class will introduce you to the exciting rhythms and movements of Latin American dance styles! Highlights: Learn various Latin dance styles, Bilingual Instruction (English & Spanish). Great for all skill levels! Fun, energetic atmosphere! Don't miss out on this fantastic opportunity to dance,

laugh and make new friends.

Instructors: Evelyn D'Agostino & Sol Del Carpio

Location: PCC Dates: 4-10 years

Code: 316800-A Tu., 7/1-8/12 5:30-6:25 PM (7 classes)

No charge

10 years and over

Code: 316800-B Tu., 7/1-8/12 6:30-7:30 PM (7 classes)

No charge

### Learn to Skate

7-12 years Ages:

> Class is based on the highly successful basic skills program developed by Learn to Skate USA. The beginning ice-skating program is fun, challenging and rewarding class serves the needs of the recreational and aspiring competitive figure skater and provides a strong foundation for hockey players. An additional \$20 fee must be paid to instructor on the 1st for US figure Skating for insurance coverage. Skate rental is also available for the additional

cost of \$12 for the 3-week session.

Instructor: Pamela Warren

Location: Paul Louis Ice Arena, 1 Boys Club Place, Rochester

Code: 335824-B W., 7/9-7/23 7:00-7:50 PM (3 classes) Dates:

Res \$75, Non-Res \$83

Code: 335824-BB Sun., 8/3-8/17 12:00-12:50 PM (3 classes)

Res \$75, Non-Res \$83

## Lil' Athletes with Coach Lisa

5-6 years Ages:

Lil' Athletes will nurture a love and enjoyment of physical activity. We will get moving in a structured format with a wide variety of sports that build coordination, balance and confidence. Activities include soccer, tennis, hockey, golf and basketball in a safe and

non-competitive environment. Come join the fun!

Lisa Magliato Instructor:

Location:

Code: 311819-B M.-F., 7/7-7/11 9:00-9:45 AM (5 classes) Dates:

Res \$89, Non-Res \$98

# NEW! Ludosport Light Saber Combat

8 years and over Ages:

> Ever wanted to swing a light saber around? Well, now you can! Ludosport is a safe way to stay active, get involved in a wonderful international community, and learn how to actually fight with light sabers by mastering our seven forms. Sabers and eye protection provided, just bring your enthusiasm and get ready to have some fun!

Instructor: Adam Buck Location: PCC

Code: 321842-A Sat., 7/5-9/6 10:00-11:30 AM (10 classes) Dates:

Res \$150, Non-Res \$160

Code: 321842-B Sat., 7/5-9/6 11:30 AM-1:00 PM (10 classes)

Res \$150, Non-Res \$160

# NEW!! Peppy Pick Up Camp

See Preschool page 32

## Running Club

5-10 years Ages:

> Summer Runners, here we go! Be an empowered athlete while improving running technique! Lots of running games to try and challenges too, like: the uphill-run, the resistance parachute and "moving mountains." All friendly-fun for bettering time, distance

and speed to find your own personal best!

Instructor: Mary Slaughter

PCC Location:

Code: 324866-A Th., 7/31-8/21 5:15-6:00 PM (4 classes) Dates:

Res \$79, Non-Res \$87

# STEM Explorers

Grades: 1-6

> Come explore STEM based principles with the Fairport Robotics Team 578 and their Coaches. We will do lots of hands-on (and possibly messy) learning experiments to expand your young scientist's minds. Each session will highlight different activities and concepts. Registration fee is a \$5 donation to the Perinton Pride

Fund.

**Fairport Robotics Team & Coaches** Instructors:

Location: PCC

Dates: **Grades 1-3** 

> Code: 322707-A M., 7/14 5:45-6:45 PM (1 class)

Res \$5, Non-Res \$6

Code: 322707-B W., 7/23 5:45-6:45 PM (1 class)

Res \$5, Non-Res \$6

Grades 4-6

322707-C M., 7/14 Code: 7:15-8:15 PM (1 class)

Res \$5, Non-Res \$6

Code: 322707-D W., 7/23 7:15-8:15 PM (1 class)

Res \$5, Non-Res \$6



NEW!! Summer Speed Camp

Ages:

Join Press The Limit Fitness for an elite speed camp designed to help athletes improve speed, acceleration, agility, power and footwork. Coaches will guide through specialized drills to enhance overall athletic performance. Open to all groups. Groups will be

split by ages.

Keith Prestano, Press the Limit Fitness Instructor:

Location Fellows Road Park

Code: 325736-A Tu. & Th., 8/5-8/28 12:00-1:00 PM (8 classes) Dates:

Res \$200, Non-Res \$210

**NEW!!** Summer Sports Camp

Ages: 8-14 years

> Athletes will break off by age to develop skills in basketball, football, soccer, kickball, wiffle ball and more. Designed like an exciting PE class and includes a mix of structured training and classic sport games. Led by pro lacrosse player and local

baseball coaches.

Instructor: Keith Prestano, Press the Limit Fitness

Location: Fellows Road Park

Code: 325737-A Dates: M.-F., 8/4-8/8 9:00 AM-12:00 PM

(5 classes) Res \$350, Non-Res \$360

Code: 325737-B M.-F., 8/11-8/15 9:00 AM-12:00 PM

(5 classes) Res \$350, Non-Res \$360

Summer Sporty Tots

See Preschool page 32

**TAEKWONDO** 

Advanced Taekwondo

See Adult page 54

Children Beginning Taekwondo

Ages:

Children's Taekwondo is taught to develop respect, discipline, self-defense, good moral character. Teaching in a traditional martial art setting that is both safe and fun. Learn the modern sport of Taekwondo. Study to earn your black belt.

www.taekwondoclub.org.

Rochester Taekwondo Club Instructors:

Location: PCC

**Code: 345847-G** Th., 7/10-9/4 5:45-6:20 PM (9 classes) Dates:

Res \$88, Non-Res \$97

Family Taekwondo

7 years and over Ages:

> 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.

Rochester Taekwondo Club Instructors

Location: PCC

Dates: Code: 345847-A Th. & Sat., 7/10-9/6 (ex. 8/30)

6:30-7:30 PM (Th.) & 9:15-10:00 AM (Sat.) (17 classes)

Res \$140. Non-Res \$150

Women's Self-Defense - Taekwondo

See Adult page 54

## NEW! Trail Runners Camp

Ages: 5 1/2-11 years

> Run the hills and the fields and the trails for an extra ex-terra way to develop great running skills! Check out the flora and fauna we have out our backdoor and explore our maze of trails. Fun and safe for all ages! Empowering kids to develop endurance, agility and even friendships! Space is limited. Bring water and a small snack is ok.

Instructor: Mary Slaughter

PCC Location:

Dates: **Code: 324865-A** Tu.-Th., 7/1-7/3 4:15-5:20 PM (3 classes)

Res \$69, Non-Res \$76



## Western Riding for All Ages

See Adult page 55

## Youth Activity Nights

6-8 Grades:

> Join us for select activities throughout the Summer! Students will have the ability to use the Perinton Community Center as a place to socialize, make friends and play games. Our youth team supervises all programs, so parents can have some free time. All participants will need to be picked up and dropped off at the locations listed. Food served in the program is not allergy or diet restriction sensitive. All programs have a registration DEADLINE a week prior to the event (ex. Dodgeball 8/8, registration deadline 8/1), unless authorized by the Recreation Supervisor. Enroll early to avoid program cancellation! If your child would like to see an event offered by the community center, please contact Michael Clark (Recreation Supervisor), mclark@perinton.org

with your idea!

Location: PCC

## Kickball and 4 Corners Soccer

Code: 336105-A F., 7/18 6:00-8:00 PM (1 class) Res \$10, Non-Res \$11

Water Balloon Games and Pizza Party Code: 336105-B F., 8/1 6:00-8:00 PM (1 class) Res \$10, Non-Res \$11

**Podgeball Tournament** 

Code: 336105-C F., 8/8 6:00-8:00 PM (1 class) Res \$10, Non-Res \$11

Splash Party

Code: 336105-D F., 8/22 6:00-8:00 PM (1 class) Res \$10, Non-Res \$11

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

Please call the Golf Shop one half hour prior to class time on inclement weather days to verify if class is being held. Please call 585-377-5200 or visit www.eaglevale.com for more information.

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

## SUPER JUNIOR BEGINNER GOLF

5-10 years Ages:

For the true beginner! Our expansive Teaching Center allows us to utilize multiple stations of activity where we are able to integrate agility, balance, throwing and catching; alongside standard golf fundamentals to keep kids enthused, interested and focused. The long range goal is to have kids fall in love with the game of golf, but also be able to excel in other sports and activities in which they wish to explore. Rain or missed dates can be made up during any normally scheduled class time, throughout the end of the season.

Larry Poploski, Director of Golf Instruction Instructor: Eagle Vale Golf Club, 4344 Nine Mile Point Road Location:

Code: 325793-A M.-F., 6/23-6/27 10:00-11:00 AM (5 classes) Dates:

Res \$159, Non-Res \$169

Code: 325793-B M.-F., 7/7-7/11 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

Code: 325793-C M.-F., 7/14-7/18 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

Code: 325793-D M.-F., 7/21-7/25 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

Code: 325793-E M.-F., 7/28-8/1 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

**Code: 325793-F** M.-F., 8/4-8/8 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

Code: 325793-G M.-F., 8/11-8/15 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

Code: 325793-H M.-F., 8/18-8/22 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

Code: 325793-I M.-F., 8/25-8/29 10:00-11:00 AM (5 classes)

Res \$159, Non-Res \$169

## **ADVANCED SUPER JUNIOR GOLF**

5-10 years Ages:

This class is designed for the 5-10 year old, who already has some "oncourse" experience. The vast majority of instruction will take place on the golf course with added rules and etiquette instruction. Skills challenges will be conducted and prizes will be given at the completion of the program. Rain or missed dates can be made up during any normally scheduled class time, throughout the end of the season.

Instructor: Larry Poploski, Director of Golf Instruction Eagle Vale Golf Club, 4344 Nine Mile Point Road Location:

Code: 325794-A M.-F., 6/23-6/27 8:00-9:30 AM (5 classes) Dates:

Res \$229, Non-Res \$239

Code: 325794-B M.-F., 7/7-7/11 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

Code: 325794-C M.-F., 7/14-7/18 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

Code: 325794-D M.-F., 7/21-7/25 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

Code: 325794-E M.-F., 7/28-8/1 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

Code: 325794-F M.-F., 8/4-8/8 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

Code: 325794-G M.-F., 8/11-8/15 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

Code: 325794-H M.-F., 8/18-8/22 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

Code: 325794-I M.-F., 8/25-8/29 8:00-9:30 AM (5 classes)

Res \$229, Non-Res \$239

## JUNIOR - BEGINNER GOLF

11-16 years Ages:

This course is for the 11-16 year old who has little to no former golf experience. It's the perfect place for the beginner golfer to start. We will cover the basic fundamentals of grip, aim and posture as it pertains to the full swing. Various parts of the short game will also be covered, from pitching and chipping, to putting as well. Rules and etiquette will be covered, along with an expanded short game format to help round out their learning experience. Daily contests will keep the learning fun and entertaining. On the last day of class, your child will receive a Range Token Card, which is good for 6 Free Small Range Baskets. Please call 585-377-5200 or visit us online at www.eaglevale.com for

Larry Poploski, Director of Golf Instruction Instructor: Location: Eagle Vale Golf Club, 4344 Nine Mile Point Road

Dates: **Code: 325715-A** M.-F., 6/23-6/27 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

more information.

Code: 325715-B M.-F., 7/7-7/11 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

Code: 325715-C M.-F., 7/14-7/18 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

Code: 325715-D M.-F., 7/21-7/25 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

Code: 325715-E M.-F., 7/28-8/1 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

Code: 325715-F M.-F., 8/4-8/8 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

**Code: 325715-G** M.-F., 8/11-8/15 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

Code: 325715-H M.-F., 8/18-8/22 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

Code: 325715-I M.-F., 8/25-8/29 11:00 AM-12:30 PM (5 classes)

Res \$229, Non-Res \$239

## EXPERIENCED JUNIOR - ADVANCED JUNIOR GOLF

Ages:

Previously should have scored 50 or less at least 2 times (10-16 has played and walked 9 holes). This class is designed for the Advanced Junior Golfer, who is capable of walking 9 holes of golf on their own. The vast majority of instruction will take place on the golf course. A more in-depth analysis of rules and etiquette will also take place. Different skill competitions and challenges will be conducted along with use of Training aids throughout the weeklong camp. On the last day of class, your child will receive an Eagle Vale Range Token Card, which is good for 6 Free Small Range Baskets. Please call 585-377-5200 or visit us online at www.eaglevale.com for more information.

Instructor: Larry Poploski, Director of Golf Instruction Location: Eagle Vale Golf Club, 4344 Nine Mile Point Road

Code: 325716-A Tu.-F., 6/24-6/27 7:30 AM-12:00 PM (4 classes) Dates:

Res \$399, Non-Res \$409

Code: 325716-B Tu.-F., 7/8-7/11 7:30 AM-12:00 PM (4 classes)

Res \$399, Non-Res \$409

**Code: 325716-C** Tu.-F., 7/15-7/18 7:30 AM-12:00 PM (4 classes)

Res \$399, Non-Res \$409

Code: 325716-D Tu.-F., 7/22-7/25 7:30 AM-12:00 PM (4 classes)

Res \$399, Non-Res \$409

Code: 325716-E Tu.-F., 7/29-8/1 7:30 AM-12:00 PM (4 classes)

Res \$399, Non-Res \$409

Code: 325716-F Tu.-F., 8/5-8/8 7:30 AM-12:00 PM (4 classes)

Res \$399, Non-Res \$409

Code: 325716-G Tu.-F., 8/12-8/15 7:30 AM-12:00 PM (4 classes)

Res \$399, Non-Res \$409

**Code: 325716-H** Tu.-F., 8/19-8/22 7:30 AM-12:00 PM (4 classes)

Res \$399, Non-Res \$409

Code: 325716-I Tu.-F., 8/26-8/29 7:30 AM -12:00 PM (4 classes)

Res \$399, Non-Res \$409



## ADULT BEGINNER GOLF - INTRO TO GOLF

18 years and over Ages:

This course is designed for the true beginner golfer. Our professional instructors will gently guide you through the fundamentals of golf in an entertaining 4-week course with the 5th week scheduled in case of a rain date. Simple, easy to follow fundamentals of grip, posture and aim will be a starting point with the swing shape and style introduced at the proper time. The short game, rules and etiquette will be touched on to round out the curriculum. Please call 585-377-5200 or visit www.eaglevale.com for more information.

Instructor: Location:

Dates:

Larry Poploski, Director of Golf Instruction Eagle Vale Golf Club, 4344 Nine Mile Point Road

Code: 345790-A Tu., 6/17-7/15 (ex. 7/1) 5:00-6:00 PM (4 classes) Dates:

Res \$159, Non-Res \$169\*\*

Code: 345790-B W., 6/18-7/16 (ex. 7/2) 5:00-6:00 PM (4 classes)

Res \$159, Non-Res \$169\*\*

Code: 345790-C Th., 6/19-7/17 (ex. 7/3) 5:00-6:00 PM (4 classes)

Res \$159, Non-Res \$169\*\*

Code: 345790-D Tu., 7/22-8/12 5:00-6:00 PM (4 classes)

Res \$159, Non-Res \$169

Code: 345790-E W., 7/23-8/13 5:00-6:00 PM

Res \$159, Non-Res \$169

Code: 345790-F Th., 7/24-8/14 5:00-6:00 PM (4 classes)

Res \$159, Non-Res \$169

\*\*Early class dates=early registration for those sections ONLY. Res 6/2 at 10:00 AM, Non-Res 6/9 at 10:00 AM.

## ADULT ADVANCED GOLF

18 years and over Ages:

Each session has 4 classes over a 5-week period with the extra week in case of a rain date. A natural progression from the "Adult Beginner Golf." This course expands on what you've already learned in the previous course. More in-depth analysis of your golf swing will be the focus along with pre-swing fundamentals and pre-shot routines. Additional time will be spent on putting, short game, rules and proper etiquette. Short game instruction will include pitch shots, chip shots and bunker play. Please call 585-377-5200 or visit www.eaglevale.com for more information.

Instructor: Larry Poploski, Director of Golf Instruction Location: Eagle Vale Golf Club, 4344 Nine Mile Point Road

Code: 345791-A Tu., 6/17-7/15 (ex. 7/1) 6:00-7:00 PM (4 classes)

Res \$159, Non-Res \$169\*\*

Code: 345791-B W., 6/18-7/16 (ex. 7/2) 6:00-7:00 PM (4 classes)

Res \$159, Non-Res \$169\*\*

Code: 345791-C Th., 6/19-7/17 (ex. 7/3) 6:00-7:00 PM (4 classes)

Res \$159, Non-Res \$169\*\*

Code: 345791-D Tu., 7/22-8/12 6:00-7:00 PM

Res \$159, Non-Res \$169

Code: 345791-E W., 7/23-8/13 6:00-7:00 PM (4 classes)

Res \$159, Non-Res \$169

Code: 345791-F Th., 7/24-8/14 6:00-7:00 PM (4 classes)

Res \$159, Non-Res \$169

\*\*Early class dates=early registration for those sections ONLY. Res 6/2 at 10:00 AM, Non-Res 6/9 at 10:00 AM.



## ADULT SHORT GAME GOLF CLINIC

18 years and over Ages:

Emphasis will be on putting, chipping, pitching and bunker play. This clinic is perfect for those players who hit the ball relatively well, but then struggle when they get near the green, often taking multiple strokes and/or putts. The short game is the most overlooked part of the game, with the most impact on your ability to lower your score. Much of this clinic will take place on the golf course, with our extensive short game area being used also. Please call 585-377-5200 or visit www.eaglevale.com for more information.

Larry Poploski, Director of Golf Instruction Instructor: Location: Eagle Vale Golf Club, 4344 Nine Mile Point Road

Code: 345793-A Tu., 6/17-7/15 (ex. 7/1) 7:00-8:00 PM (4 classes) Dates:

Res \$179, Non-Res \$189\*\*

Code: 345793-B W., 6/18-7/16 (ex. 7/2) 7:00-8:00 PM (4 classes)

Res \$179, Non-Res \$189\*\*

Code: 345793-C Th., 6/19-7/17 (ex. 7/3) 7:00-8:00 PM (4 classes)

Res \$179, Non-Res \$189\*\*

Code: 345793-D Tu., 7/22-8/12 7:00-8:00 PM (4 classes)

Res \$179, Non-Res \$189

Code: 345793-E W., 7/23-8/13 7:00-8:00 PM (4 classes)

Res \$179, Non-Res \$189

Code: 345793-F Th., 7/24-8/14 7:00-8:00 PM (4 classes)

Res \$179, Non-Res \$189

\*\*Early class dates=early registration for those sections ONLY. Res 6/2 at 10:00 AM, Non-Res 6/9 at 10:00 AM.

## MEN'S SENIOR GOLF CAMP

55 years and over Ages:

Each session has 4 classes over a 5-week period with the extra week in case of a rain date. Lost a little distance lately? Not as flexible as you once were? Here's a program designed to improve your distance with drills and exercises aimed at increasing your strength and flexibility. Golfers will also work on their full swing, short game and course management skills. Please call 585-377-5200 or visit www.eaglevale.com for more information.

Instructor: Larry Poploski, Director of Golf Instruction Eagle Vale Golf Club, 4344 Nine Mile Point Road Location:

Code: 345794-A M., 6/23-7/21 (ex. 6/30) 2:00-3:00 PM Dates:

(4 classes) Res \$159, Non-Res \$169

Code: 345794-B M., 7/28-8/18 2:00-3:00 PM (4 classes)

Res \$159, Non-Res \$169

## LADIES' SENIOR GOLF CAMP

Ages: 55 years and over

> Each session has 4 classes over a 5-week period with the extra week in case of a rain date. Enjoy the camaraderie of your fellow lady golfers in this small group setting. Learn the keys behind hitting your driver further, while freeing up your swing to get the maximum distance on all of your shots. All aspects of your golf game will be worked on, but we will still have the emphasis on hitting the ball further. Please call 585-377-5200 or visit www.eaglevale.com for

more information.

Instructor: Larry Poploski, Director of Golf Instruction Eagle Vale Golf Club, 4344 Nine Mile Point Road Location:

Code: 345794-C M., 6/23-7/21 (ex. 6/30) 3:00-4:00 PM Dates:

(4 classes) Res \$159, Non-Res \$169

Code: 345794-D M., 7/28-8/18 3:00-4:00 PM (4 classes)

Res \$159, Non-Res \$169

Register Online Using Our WebTrac System - See Page 22 https://webtrac.perinton.org

## TENNIS & PICKLEBALL COURTS

**Public Court Time** 

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

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

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

LIGHTED Fellows Road Park (6) **NOT LIGHTED** Potter Park (2)

Hours: 8:00 AM-10:00 PM Please be courteous and limit play. 1 hour for singles. 1 ½ hours for doubles if people are waiting.



#### YOUTH BEGINNER TENNIS

Ages:

Try a new sport! This introductory program will feature the basics of tennis in a fun atmosphere! Kids will participate in tennis activities and games that build skills and focus on teamwork. Low compression tennis balls will be used so all can have success from the start. No tennis experience is required. If you have a racket, you're welcome to

bring it, otherwise rackets are provided.

Avi Abbitan Instructor:

**Perinton Park Tennis Courts** Location:

Dates: 5-8 years

Code: 325225-A M., 6/30-8/25 5:00-6:00 PM (9 classes)

Res \$160, Non-Res \$170

9-10 years

Code: 325225-B M., 6/30-8/25 6:00-7:00 PM (9 classes)

Res \$160, Non-Res \$170

Code: 325225-C F., 7/11-9/5 (ex. 7/18, 8/1) 5:00-6:00 PM

(7 classes) Res \$126, Non-Res \$136

11-17 years

Code: 325225-D F., 7/11-9/5 (ex. 7/18, 8/1) 6:00-7:30 PM

(7 classes) Res \$159, Non-Res \$169

#### NEW! YOUTH INTERMEDIATE TENNIS

5-10 years Ages:

> Geared towards players who have grasped the important basics of tennis and are ready to advance their athletic skills by playing matches. Students will have guidance on how to approach the game from a mental perspective, and will be taught techniques to improve

their tennis game's performance.

Instructor: Avi Abbitan

Perinton Park Tennis Courts Location:

Dates: 5-8 years

**Code: 325225-E** Tu., 7/1-9/2 5:00-6:00 PM (10 classes)

Res \$169, Non-Res \$179

9-10 years

Code: 325225-F Tu., 7/1-9/2 6:00-7:30 PM (10 classes)

Res \$250, Non-Res \$260

#### CO-ED DOUBLES TENNIS LEAGUE

30 years and over Ages:

Intermediate Level Doubles. Come ready to play with consistency in serve, forehand and volley. We will be rotating play with different partners and genders. Consistent attendance is expected. Please bring 2 cans of tennis balls on the first night (as price of registration). Register with Irene Forgensi Hammons at ifh81@yahoo.com (email

preferred) or 585-721-6721.

İrene Forgensi Hammons Volunteer: Location: Perinton Park Tennis Courts

Dates: Th., 6/12-8/28 (ex. 7/3) 6:30-8:30 PM (11 weeks) No charge

Must bring 2 cans of tennis balls on first night.

Not available on WebTrac.

#### PERINTON SENIOR TENNIS LEAGUE

50 years and over Ages:

Intermediate level play (no beginners) for doubles and mixed doubles, weather permitting. Tennis balls will be provided. In the event of inclement weather, you'll be notified of cancellation by email. Please notify Janet Goldman (janetcgoldman@gmail.com) or Barb Willoth (bwilloth@gmail.com) of your interest and skill level

(intermediate or advanced).

Janet Goldman & Barb Willoth Volunteers:

Perinton Park & Potter Park Tennis Courts Locations:

Dates: W., 5/21-8/27 (ex. 7/2) 6:00-7:30 PM (14 classes) No charge

Not available on WebTrac.



	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	\$4.75	\$5.25	\$7.50	\$5.25	\$5.25	\$5.25	\$7.00	\$8.00	\$12.00	\$8.00
Monthly	\$29.00	\$37.00	\$55.00	\$37.00	\$37.00	\$37.00	\$42.00	\$47.00	\$74.00	\$47.00
20 Visit	\$46.00	\$53.00	\$77.00	\$53.00	\$53.00	\$53.00	\$78.00	\$110.00	\$168.00	\$110.00
6 Month	\$147.00	\$179.00	\$278.00	\$179.00	\$179.00	\$179.00	\$189.00	\$236.00	\$347.00	\$236.00
12 Month	\$263.00	\$320.00	\$494.00	\$320.00	\$320.00	\$320.00	\$341.00	\$415.00	\$625.00	\$415.00

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

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

# Water feature schedules listed on www.perinton.org

Daily Family Pass for Aquatics (Resident Only) • 2 Adults, 2 Children = \$20, \$3 each additional child

#### **PERINTON AQUATIC CENTER RULES**

- 1. Pool area is closed when no lifeguard is on duty.
- 2. Instruction of lifeguard must be obeyed at all times.
- 3. All patrons must shower before entering the pool.
- 4. Appropriate bathing attire must be worn (designated swim suit). No cutoffs or street clothes will be allowed.
- 5. Street shoes are not allowed on the pool deck.
- 6. Children of diaper wearing age MUST wear swim diapers or plastic pants with tight fitting elastic legs. Regular disposable diapers will not be allowed.
- 7. No running, horseplay, chicken fights or pushing allowed in the pool area.
- 8. Diving is only permitted in over nine 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. No one under the age of 6 may use the hot tub.
- 19. Children between the ages of 6 through the age of 17 must be accompanied by an adult in
- 20. Participants must be at least 48" tall to go down the slide.
- 21. Failure to comply with the pool rules may result in expulsion from the facility.

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



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



Visit us on WebTrac and search keyword "Splash" for available dates and times.

Please note, rooms and time slots are not able to be changed. The first hour of the part time slot is spent in the pool and the second hour is spent in the room. Parties are limited to 25 people.

Additional party bookings need to be made for any parties over 25 people, and time slots remain as listed. Parties are \$200/resident and \$250/non-resident.

Must be paid in full at time of booking and must have an active WebTrac account to book.



## **Private and Semi-Private Swimming** Lessons

Ages:

2 1/2 years and over

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

Semi-Private Fees: Each additional participant

• 6 classes - Res \$72, Non-Res \$79 • 7 classes - Res \$84, Non-Res \$92 • 8 classes - Res \$96, Non-Res \$106

#### **MONDAY - THURSDAY**

#### 8 classes Res \$224, Non-Res \$234

**313120-DA or DB** 6/30-7/10 (ex. 7/4) 9:10-9:40 AM (8 classes) **313120-DC or DD** 6/30-7/10 (ex. 7/4) 9:45-10:15 AM (8 classes) **313120-DE or DF** 6/30-7/10 (ex. 7/4) 10:20-10:50 AM (8 classes) **313120-DG or DH** 6/30-7/10 (ex. 7/4) 10:55-11:25 AM (8 classes) 313120-DI or DJ 7/14-7/24 9:00-9:30 AM (8 classes) 313120-DK or DL 7/14-7/24 9:45-10:15 AM (8 classes) 313120-DM or DN 7/14-7/24 10:20-10:50 AM (8 classes) 313120-DO or DP 7/14-7/24 10:55-11:25 AM (8 classes) 313120-DQ or DR 7/28-8/7 9:00-9:30 AM (8 classes) **313120-DS or DT** 7/28-8/7 9:45-10:15 AM (8 classes) **313120-DU or DV** 7/28-8/7 10:20-10:50 AM (8 classes) 313120-DW or DX 7/28-8/7 10:55-11:25 AM (8 classes)

#### **MONDAY & WEDNESDAY**

#### 6 classes Res \$168, Non-Res \$178

**313120-MA or MB** 7/7-7/23 4:15-4:45 PM (6 classes) 313120-MC or MD 7/7-7/23 4:50-5:20 PM (6 classes) **313120-ME or MF** 7/7-7/23 5:25-5:55 PM (6 classes) **313120-MG or MH** 7/7-7/23 6:00-6:30 PM (6 classes) **313120-MI or MJ** 7/28-8/13 4:15-4:45 PM (6 classes) 313120-MK or ML 7/28-8/13 4:50-5:20 PM (6 classes) 313120-MM or MN 7/28-8/13 5:25-5:55 PM (6 classes) 313120-MO or MP 7/28-8/13 6:00-6:30 PM (6 classes)

#### **TUESDAY**

#### 7 classes Res \$196, Non-Res \$206

**313120-TA, TB, TC, TD or TE** 7/1-8/12 (ex. 7/4) 4:15-4:45 PM (7 classses) **313120-TF, TG, TH, TI or TJ** 7/1-8/12 (ex. 7/4) 4:50-5:20 PM (7 classes) **313120-TK, TL, TM, TN or TO** 7/1-8/12 (ex. 7/4) 5:25-5:55 PM (7 classses) **313120-TP, TQ, TR, TS or TT** 7/1-8/12 (ex. 7/4) 6:00-6:30 PM (7 classes)

#### **THURSDAY**

#### 6 classes Res \$168, Non-Res \$178

**313120-RA, RB, RC, RD or RE** 7/10-8/14 4:15-4:45 PM (6 classes) **313120-RF, RG, RH, RI or RJ** 7/10-8/14 4:50-5:20 PM (6 classes) 313120-RK, RL, RM, RN or RO 7/10-8/14 5:25-5:55 PM (6 classes) **313120-RP, RQ, RR, RS or RT** 7/10-8/14 6:00-6:30 PM (6 classes)

#### FRIDAY

#### 7 classes Res \$196, Non-Res \$206

**313120-FK, FL, FM, FN or FO** 7/11-8/22 3:10-3:40 PM (7 classes) **313120-FA, FB, FC, FD or FE** 7/11-8/22 3:45-4:15 PM (7 classes) **313120-FF, FG, FH, FI or FJ** 7/11-8/22 4:20-4:50 PM (7 classes)

#### **SATURDAY**

#### 6 classes Res \$168, Non-Res \$178

**313120-SA or SB** 7/12-8/23 (ex. 8/2) 9:00-9:30 AM (6 classes) **313120-SC or SD** 7/12-8/23 (ex. 8/2) 9:35-10:05 AM (6 classes) **313120-SE or SF** 7/12-8/23 (ex. 8/2) 10:10-10:40 AM (6 classes) **313120-SG or SH** 7/12-8/23 (ex. 8/2) 10:45-11:15 AM (6 classes)

#### **SUNDAY**

#### 7 classes Res \$196, Non-Res \$206

**313120-UA or UB** 7/13-8/24 9:45-10:15 AM (7 classes) **313120-UC or UD** 7/13-8/24 10:20-10:50 AM (7 classes) **313120-UE or UF** 7/13-8/24 10:55-11:25 AM (7 classes) 313120-UG or UH 7/13-8/24 11:30 AM-12:00 PM (7 classes)

#### GROUP SWIMMING LESSONS

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

## **Waterbabies**

#### Ages: 6 months - 2.99 year (parent participation in water, swimsuit required)

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

6 classes - Res \$60, Non-Res \$66 7 classes - Res \$70, Non-Res \$77 8 classes - Res \$80, Non-Res \$88

**313110-SA** Sat., 7/12-8/23 (ex. 8/2) 9:00-9:30 AM (6 classes) **313110-SB** Sat., 7/12-8/23 (ex. 8/2) 9:35-10:05 AM (6 classes) **313110-SC** Sat., 7/12-8/23 (ex. 8/2) 10:45-11:15 AM (6 classes) **313110-UA** Sun., 7/13-8/24 9:45-10:15 AM (7 classes) 313110-UB Sun., 7/13-8/24 10:20-10:50 AM (7 classes) **313110-UC** Sun., 7/13-8/24 10:55-11:25 AM (7 classes) **313110-DA** M.-Th., 6/30-7/10 9:10-9:40 AM (8 classes) **313110-DF** M.-Th., 7/14-7/24 9:10-9:40 AM (8 classes) **313110-DJ** M.-Th., 7/28-8/7 9:10-9:40 AM (8 classes) **313110-MA** M. & W., 7/7-7/23 5:25-5:55 PM (6 classes) 313110-MB M. & W., 7/28-8/13 5:25-5:55 PM (6 classes)

Register Online Using Our WebTrac System - See Page 22 https://webtrac.perinton.org

### 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 \$69, Non-Res \$76 7 classes - Res \$81, Non-Res \$89 8 classes - Res \$92, Non-Res \$101

313119-SA Sat., 7/12-8/23 (ex. 8/2) 9:00-9:30 AM (6 classes) **313119-SB** Sat., 7/12-8/23 (ex. 8/2) 9:35-10:05 AM (6 classes) **313119-SC** Sat., 7/12-8/23 (ex. 8/2) 10:10-10:40 AM (6 classes) **313119-SD** Sat., 7/12-8/23 (ex. 8/2) 10:45-11:15 AM (6 classes) **313119-UA** Sun., 7/13-8/24 9:45-10:15 AM (7 classes) 313119-UB Sun., 7/13-8/24 10:20-10:50 AM (7 classes) **313119-UC** Sun., 7/13-8/24 10:55-11:25 AM (7 classes) **313119-UD** Sun., 7/13-8/24 11:30 AM-12:00 PM (7 classes) **313119-DA** M.-Th., 6/30-7/10 9:45-10:15 AM (8 classes) **313119-DB** M.-Th., 6/30-7/10 10:20-10:50 AM (8 classes) **313119-DC** M.-Th., 6/30-7/10 10:55-11:25 AM (8 classes) **313119-DE** M.-Th., 7/14-7/24 9:45-10:15 AM (8 classes) 313119-DF M.-Th., 7/14-7/24 10:20-10:50 AM (8 classes) 313119-DG M.-Th., 7/14-7/24 10:55-11:25 AM (8 classes) 313119-DH M.-Th., 7/28-8/7 9:45-10:15 AM (8 classes) 313119-DI M.-Th., 7/28-8/7 10:20-10:50 AM (8 classes) 313119-DJ M.-Th., 7/28-8/7 10:55-11:25 AM (8 classes) **313119-MA** M. & W., 7/7-7/23 4:15-4:45 PM (6 classes) 313119-MB M. & W., 7/7-7/23 4:50-5:20 PM (6 classes) **313119-MC** M. & W., 7/7-7/23 5:25-5:55 PM (6 classes) **313119-MD** M. & W., 7/7-7/23 6:00-6:30 PM (6 classes) 313119-ME M. & W., 7/28-8/13 4:15-4:45 PM (6 classes) 313119-MF M. & W., 7/28-8/13 4:50-5:20 PM (6 classes) 313119-MG M. & W., 7/28-8/13 5:25-5:55 PM (6 classes) **313119-MH** M. & W., 7/28-8/13 6:00-6:30 PM (6 classes)

## **Advanced Squirts**

#### Ages: 5 - 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.

#### 6 classes - Res \$65, Non-Res \$72

313116-SA Sat., 7/12-8/23 (ex. 8/2) 10:10-10:40 AM (6 classes)
313116-MA M. & W., 7/7-7/23 4:15-4:45 PM (6 classes)
313116-MB M. & W., 7/7-7/23 6:00-6:30 PM (6 classes)
313116-MC M. & W., 7/28-8/13 4:15-4:45 PM (6 classes)
313116-MD M. & W., 7/28-8/13 6:00-6:30 PM (6 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.

#### 6 classes - Res \$60, Non-Res \$66 8 classes - Res \$80, Non-Res \$88

323111-SA Sat., 7/12-8/23 (ex. 8/2) 9:00-9:30 AM (6 classes)
323111-SB Sat., 7/12-8/23 (ex. 8/2) 10:10-10:40 AM (6 classes)
323111-SC Sat., 7/12-8/23 (ex. 8/2) 10:45-11:15 AM (6 classes)
323111-DA M.-Th., 6/30-7/10 9:45-10:15 AM (8 classes)
323111-DB M.-Th., 7/14-7/24 9:45-10:15 AM (8 classes)
323111-DC M.-Th., 7/28-8/7 9:45-10:15 AM (8 classes)
323111-MA M. & W., 7/7-7/23 4:15-4:45 PM (6 classes)
323111-MB M. & W., 7/7-7/23 4:50-5:20 PM (6 classes)
323111-MC M. & W., 7/7-7/23 6:00-6:30 PM (6 classes)
323111-MD M. & W., 7/28-8/13 4:15-4:45 PM (6 classes)
323111-MF M. & W., 7/28-8/13 4:50-5:20 PM (6 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

#### 6 classes - Res \$60, Non-Res \$66 8 classes - Res \$80, Non-Res \$88

323112-SA Sat., 7/12-8/23 (ex. 8/2) 9:00-9:30 AM (6 classes) 323112-SB Sat., 7/12-8/23 (ex. 8/2) 10:10-10:40 AM (6 classes) **323112-SC** Sat., 7/12-8/23 (ex. 8/2) 10:45-11:15 AM (6 classes) 323112-DA M.-Th., 6/30-7/10 9:45-10:15 AM (8 classes) 323112-DB M.-Th., 6/30-7/10 10:55-11:25 AM (8 classes) **323112-DC** M.-Th., 7/14-7/24 9:45-10:15 AM (8 classes) 323112-DD M.-Th., 7/14-7/24 10:55-11:25 AM (8 classes) **323112-DE** M.-Th., 7/28-8/7 9:45-10:15 AM (8 classes) **323112-DF** M.Th., 7/28-8/7 10:55-11:25 AM (8 classes) 323112-MA M. & W., 7/7-7/23 4:50-5:20 PM (6 classes) 323112-MB M. & W., 7/7-7/23 6:00-6:30 PM (6 classes) **323112-MC** M. & W., 7/28-8/13 4:50-5:20 PM (6 classes) 323112-MD M. & W., 7/28-8/13 6:00-6:30 PM (6 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

#### 6 classes - Res \$60, Non-Res \$66 8 classes - Res \$80, Non-Res \$88

**323113-SA** Sat., 7/12-8/23 (ex. 8/2) 9:35-10:05 AM (6 classes) **323113-DA** M.-Th., 6/30-7/10 10:20-10:50 AM (8 classes) 323113-DB M.-Th., 7/14-7/24 10:20-10:50 AM (8 classes) 323113-DC M.-Th., 7/28-8/7 10:20-10:50 AM (8 classes) **323113-MA** M. & W., 7/7-7/23 4:15-4:45 PM (6 classes) **323113-MB** M. & W., 7/7-7/23 5:25-5:55 PM (6 classes) 323113-MC M. & W., 7/28-8/13 4:15-4:45 PM (6 classes) **323113-MD** M. & W., 7/28-8/13 5:25-5:55 PM (6 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

#### 6 classes - Res \$60, Non-Res \$66 8 classes - Res \$80, Non-Res \$88

323114-SA Sat., 7/12-8/23 (ex. 8/2) 9:35-10:05 AM (6 classes) 323114-DA M.-Th., 6/30-7/10 10:20-10:50 AM (8 classes) **323114-DB** M.-Th., 7/14-7/24 10:20-10:50 AM (8 classes) **323114-DC** M.-Th., 7/28-8/7 10:20-10:50 AM (8 classes) **323114-MA** M. & W., 7/7-7/23 4:50-5:20 PM (6 classes) **323114-MB** M. & W., 7/28-8/13 4:50-5:20 PM (6 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

6 classes - Res \$60, Non-Res \$66 8 classes - Res \$80, Non-Res \$88

**323115-SA** Sat., 7/12-8/23 (ex. 8/2) 10:10-10:40 AM (6 classes) 323115-DA M.-Th., 7/14-7/24 10:55-11:25 AM (8 classes) 323115-DB M.-Th., 7/28-8/7 10:55-11:25 AM (8 classes) **323115-MA** M. & W., 7/7-7/23 5:25-5:55 PM (6 classes) **323115-MB** M. & W., 7/28-8/13 5:25-5:55 PM (6 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

6 classes - Res \$60, Non-Res \$66 8 classes - Res \$80, Non-Res \$88

**323116-SA** Sat., 7/12-8/23 (ex. 8/2) 10:10-10:40 AM (6 classes) **323116-DA** M.-Th.,7/14-7/24 10:55-11:25 AM (8 classes) 323116-DB M.-Th., 7/28-8/7 10:55-11:25 AM (8 classes) **323116-MA** M. & W., 7/7-7/23 5:25-5:55 PM (6 classes) **323116-MB** M. & W., 7/28-8/13 5:25-5:55 PM (6 classes)

Register Online Using Our WebTrac System - See Page 22 https://webtrac.perinton.org

NEW!! RU4 Scuba - Try Mermaid

Ages: 6 years and over

> Dive into the magical world of mermaiding with the SSI Try Mermaid program! This experience lets you explore entry-level mermaid skills, including swimming with a mono-fin, under the guidance of SSI professionals. Suitable for ages 6 and up, participants should be

able to swim 40 feet independently.

Instructor: Jim Wieser Location: PCC

Dates: Code: 333217-A Tu., 7/8 6:00-8:00 PM (1 class) Res \$45,

Code: 333217-B Tu., 7/22 6:00-8:00 PM (1 class) Res \$45,

Non-Res \$50

Code: 333217-C Tu., 8/5 6:00-8:00 PM (1 class) Res \$45,

Non-Res \$50

Code: 333217-D Tu., 8/19 6:00-8:00 PM (1 class) Res \$45,

Non-Res \$50

Code: 333217-E Tu., 9/2 6:00-8:00 PM (1 class) Res \$45,

Non-Res \$50

RU4 Scuba - Try Scuba

Ages: 10 years and over

> Discover the thrill of underwater exploration with SSI Try Scuba. This introductory course provides a safe and fun first dive experience. Learn basic scuba skills and explore the underwater world under the guidance of certified instructors. Perfect for beginners, this session

ignites a passion for diving.

Jim Wieser Instructor: Location:

Code: 333210-A Th., 7/10 6:00-8:00 PM (1 class) Res \$45, Dates:

Non-Res \$50

Code: 333210-B Th., 7/17 6:00-8:00 PM (1 class) Res \$45,

Non-Res \$50

Code: 333210-C Th., 7/24 6:00-8:00 PM (1 class) Res \$45,

Non-Res \$50

**Code: 333210-D** Th., 7/31 6:00-8:00 PM (1 class) Res \$45,

Non-Res \$50

NEW!! RU4 Scuba - SSI Open Water Diver

12 years and over Ages:

> Embark on your underwater adventure! The SSI Open Water Diver course provides comprehensive training for safe, independent scuba diving. Learn essential skills, theory and equipment use. Complete confined water sessions and open water dives to earn your

certification, exploring the world's depths with confidence.

Instructor: Jim Wieser Location: PCC

Code: 333214-A Th., 7/10-7/31 6:00-8:00 PM (4 classes) Dates:

Res \$795, Non-Res \$805

**Introduction to Artistic Swimming** 

7-14 years Ages:

> 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

**Code: 343910-A** W., 7/2-7/30 5:15-6:00 PM Dates: (5 classes)

Res \$40, Non-Res \$44

**Code: 343910-B** W., 8/6-9/3 5:15-6:00 PM (5 classes)

Res \$40, Non-Res \$44

Teen Academy

15-19 years Ages:

> This is a two-week long program and participants will become certified in lifequarding and will learn the basics of teaching American Red Cross swim lessons with the possibility of becoming a water safety instructor (WSI). Must be able to attend both weeks and pass the prerequisite swim test for lifeguarding.

**Aquatics Staff** Instructors:

PCC Location:

Dates: Code: 333841-A M.-Th., 8/11-8/21 9:00 AM-4:00 PM (8 classes)

Res \$150, Non-Res \$160

**Genesee Valley Masters Swimming** 

18 years and over Ages:

> USA Masters registered program offering high-quality, coached instruction for competitive swimmers, Triathletes, lap swimmers and anyone else interested in participating. Participants have multiple practice times. Perinton Aquatic Center M., W., and F. mornings, 6:00-7:30 AM and Tu. & Th., 5:30-7:30 AM. Contact Laura at Isilins@

perinton.org to begin your free 2 week trial! Not available on WebTrac.

Fitness Swim Class

18 years and over Ages:

> 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** 

PCC Location:

Code: 343901-A Tu., 7/1-7/29 7:30-8:30 AM Dates: (5 classes)

Res \$40, Non-Res \$44

Code: 343901-B Tu., 8/5-9/2 7:30-8:30 AM (5 classes)

Res \$40, Non-Res \$44

Code: 343901-C Th., 7/10-7/31 7:30-8:30 AM

Res \$32, Non-Res \$35

Code: 343901-D Th., 8/7-9/4 7:30-8:30 AM (5 classes)

Res \$40, Non-Res \$44

Code: 343901-E Tu. & Th., 7/1-7/31 (ex. 7/3) 7:30-8:30 AM

(9 classes) Res \$72, Non-Res \$79

Code: 343901-F Tu. & Th., 8/5-9/4 7:30-8:30 AM (10 classes)

Res \$80, Non-Res \$88



Register Online Using Our WebTrac System - See Page 22 https://webtrac.perinton.org

**MONDAY** 

**Total Body Aqua Size** 

12 years and over Ages:

> 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.

Marjory Hall Instructor: PCC Location:

Dates: **Code: 343810-A** M., 6/30-8/25 8:30-9:30 AM (9 classes)

Res \$72, Non-Res \$79

Aqua Fit

13 years and over Ages:

> 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: 343831-A M., 6/30-8/25 (ex. 7/21) 6:00-6:45 PM

(8 classes) Res \$64, Non-Res \$70

**TUESDAY** Agua Fit

Ages: 13 years and over

> Agua 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:

Code: 343831-B Tu., 7/1-8/26 (ex. 7/22) 8:35-9:20 AM Dates:

(8 classes) Res \$64, Non-Res \$70

Agua Endurance – Current Channel

Ages: 18 years and over

The current channel provides unique resistance, endurance and balance, challenges while improving strength, stamina and posture. Participants will go with and against the current, all to

motivating music.

Marsha Young Instructor:

PCC Location:

Code: 343832-A Tu., 7/1-8/26 (ex. 7/22) 9:30-10:15 AM **Dates** 

(8 classes) Res \$64, Non-Res \$70

Aqua Circuit

55 years and over Ages:

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

using various equipment.

Instructor: Marsha Young

Location: PCC

Code: 343837-A Tu., 7/1-8/26 (ex. 7/22) 10:30-11:15 AM Dates:

(8 classes) Res \$64, Non-Res \$70

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.

Marjory Hall Instructor: PCC Location:

**Dates** Code: 343817-A W., 7/2-8/27 8:30-9:30 AM (9 classes)

Res \$72, Non-Res \$79

Aqua Endurance - Current Channel

18 years and over Ages:

> The current channel provides unique resistance, endurance and balance, challenges while improving strength, stamina and posture. Participants will go with and against the current, all to

motivating music.

Marsha Young Instructor:

Location: PCC

Code: 343832-B W., 7/2-8/27 (ex. 7/23) 9:30-10:15 AM Dates:

(8 classes) Res \$64, Non-Res \$70

THURSDAY

**Bodies in Motion Current Channel** 

Ages: 55 years and over

> A low-impact, full body workout walking with and against the current. Great for muscle, bone and joint rehabilitation. Fun for all! From 10:15-10:30 AM, we will concentrate on upper body exercises

using various equipment.

Marsha Young Instructor:

Location: PCC

Code: 343871-A Th., 7/3-8/28 (ex. 7/24) 9:30-10:15 AM Dates:

(8 classes) Res \$64, Non-Res \$70

Aqua Circuit

Ages: 55 years and over

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

various equipment.

Marsha Young Instructor:

PCC Location:

Dates: Code: 343837-B Th., 7/3-8/28 (ex. 7/24) 10:30-11:15 AM

(8 classes) Res \$64, Non-Res \$70

FRIDAY **Total Body Aqua Size** 

12 years and over Ages:

> 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.

Marjory Hall Instructor:

PCC Location

Code: 343810-B F., 7/11-8/22 8:30-9:30 AM (7 classes) Dates:

Res \$56, Non-Res \$62

Let's Get Moving

Ages: 55 years and over

> Low impact! Water moves to strengthen your muscles and improve range of motion. Challenge yourself with buoys, bands, barbells and

other water equipment using the resistance of the water.

Instructor: Marjory Hall

Location:

Code: 343870-A F., 7/11-8/22 9:30-10:30 AM (7 classes) Dates:

Res \$56, Non-Res \$62

SUNDAY

Aqua Endurance - Current Channel

18 years and over Ages:

> The current channel provides unique resistance, endurance and balance challenges while improving strength, stamina and posture. Participants will go with and against the current, all to

motivating music.

Instructor: Marsha Young

Location: PCC

Dates:

Code: 343832-C Sun., 7/6-8/24 (ex. 7/27) 9:15-10:00 AM

(7 classes) Res \$56, Non-Res \$62

# Health Fitness

Register early to avoid program cancellation due to low enrollment.

**Drop In** Available for classes without full roster:

**Aerobics:** \$9.00 Res./\$10.00 Non-Res.

## MONDAY

Bootcamp

Ages: 18 years and over

Back to the "basics" exercises including cardio, interval and weight training to get you into the fighting shape you want!

Instructor: Marcie Nicastro

Location:

Dates: Code: 341866-B M., 6/30-8/25 (ex. TBA) 6:15-7:15 PM

(8 classes) Res \$64, Non-Res \$70

## **TUESDAY**

Zumba

14 years and over Ages:

> "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.

Frankie Engelbert Instructor:

Location: PCC

Code: 341810-E Tu.,7/1-8/26 (ex. 8/12) 6:00-7:00 PM Dates:

(8 classes) Res \$64, Non-Res \$70

## TUESDAY/THURSDAY

Zumba Combo

14 years and over Ages:

Sign up for both Zumba classes and save money.

Instructor: Frankie Engelbert

Location: PCC

Code: 341810-EA Tu. & Th., 7/1-8/26 (ex. 8/7, 8/12) Dates:

6:00-7:00 PM (15 classes) Res \$108, Non-Res \$118

## 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

PCC Location:

Code: 341885-A W., 7/2-8/27 (ex. 2 TBA) 5:30-6:30 PM Dates:

(7 classes) Res \$56, Non-Res \$62

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

## **THURSDAY**

#### **Perinton Training Intervals**

18 years and over Ages:

> 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.

Jillian Heinold Instructor:

Location:

Code: 341856-A Th., 7/3/9/4 (ex. 2 TBA) 4:30-5:20 PM Dates:

(8 classes) Res \$64, Non-Res \$70

**Perinton Pump** 

Ages: 16 years and over

Total body conditioning work out, primarily weights and some cardio. Head to toe strength and toning to help improve muscle strength, tone healthy weight, high repetition of weights and

strength training.

Instructor: Jillian Heinold

Location: **PCC** Dates:

Code: 341815-A Th., 7/3-9/4 (ex. 2 TBA) 5:30-6:30 PM

(8 classes) Res \$64, Non-Res \$70

**Zumba Toning** 

14 years and over Ages:

This class uses the international rhythms and steps of a regular Zumba class but incorporates the use of small hand-weights or toning sticks to get a more intensive muscle workout. Tone and

dance!

Frankie Engelbert Instructor:

Location:

Code: 341810-A Th., 7/3-8/21 (ex. 8/7) 6:00-7:00 PM Dates:

(7 classes) Res \$56, Non-Res \$62

## SATURDAY

#### **Slow Flow Yoga**

Ages: 18 years and over

> Start the day with a clear, calm mind; breathing, moving, feeling alive. This class is slower paced to explore and enjoy the poses, bringing mind and body together for the day. A minimum of 6

months of consistent practice is suggested.

Instructor: **Cathy Ames** 

Location: PCC

Dates: Code: 341841-A Sat., 7/12-8/16 (ex. TBA) 8:00-9:15 AM

(5 classes) Res \$40, Non-Res \$44

#### SUNDAY

#### **Power Yoga**

Ages: 16 years and over

Power flow yoga will consist of a vinyasa practice with yoga

poses linked together by breath and movement.

Instructor: Grace M. Carducci

Location: PCC

Code: 341805-A Sat., 7/6-7/27 9:00-9:45 AM (4 classes) Dates:

Res \$32, Non-Res \$35



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

REFUNDS FOR ARTS AND CRAFTS CLASSES: Refunds must be requested a minimum of 7 days in advance of the class; no refunds will be given otherwise. Supplies have been purchased for participants. Supplies must be picked up within 7 days after the class.

## **Becoming a Notary Public**

18 years and over Ages:

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

Kristin A. Cavallaro Instructor:

Location: ONLINE

Dates: **Code: 345910-A** M., 7/21-7/28 5:30-8:45 PM (2 classes)

Res \$69, Non-Res \$76

Code: 345910-B Sat., 7/26 9:00 AM-3:30 PM (1 class)

Res \$69, Non-Res \$76

#### **Beginner Wood Turning**

12 years and over Ages:

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 Lake Wood Turners

Location: St. Michael's Workshop, 691 St. Paul Street, Rochester

Code: 345879-A Sat., 8/9 9:00 AM-1:00 PM (1 class) Date:

Res \$45, Non-Res \$50

#### **Beginning Drawing**

18 years and over Ages:

A beginning drawing course for those who have never drawn before. You will learn the fundamentals of creating basic shapes to complex

imagery! **Brian Petty** 

Location: PCC

Instructor:

Code: 342873-A M., 7/7-7/28 6:00-8:00 PM (4 classes) Dates:

Res \$75, Non-Res \$83

Code: 342873-B M., 8/4-8/25 6:00-8:00 PM (4 classes)

Res \$75, Non-Res \$83

#### **Beginning Watercolor**

18 years and over Ages:

Always wanted to paint but were unsure of where to begin? In this class, you will learn the fundamentals of watercolor painting. Learn layout, composition, color theory and technique. Bring the world

around you to life in glorious color!

Instructor: **Brian Petty** Location: PCC

Code: 344800-A Tu., 7/1-7/22 6:00-8:00 PM (4 classes) Dates:

Res \$75, Non-Res \$83

**Code: 344800-B** Tu., 7/29-8/19 6:00-8:00 PM (4 classes)

Res \$75, Non-Res \$83

#### **Better Balance for an Active Life**

55 years and over Ages:

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.

Alyssa Ziolko Instructor:

Location: PCC

Code: 342809-A W., 7/9-8/6 (ex. 7/23) 9:00-9:40 AM (4 classes) Dates:

Res \$80, Non-Res \$88

Code: 342809-B W., 8/13-9/3 9:00-9:40 AM (4 classes)

Res \$80, Non-Res \$88

## **NEW!!** Beyond Explosions: **Parent Support Group**

18 years and over Ages:

Is parenting a struggle? Does your child have big emotions or difficulty with change? This educational group, led by psychologist Dr. David Keiling, will explore Dr. Ross Greene's Collaborative & Proactive Solutions approach to help you foster positive behavior in your child and reduce your parenting stress. Connect with other parents, learn new strategies, and practice applying them to your child's unique needs. (Please obtain your own copy of the book The Explosive Child (6th Ed.) by Ross Greene before the first session.)

David Keiling, PsyD Instructor:

Location: PCC

Code: 345953-A Tu., 7/8-7/29 5:30-6:45 PM (4 classes) Dates:

Res \$60, Non-Res \$66

#### **Boatsafe NY – Boating Safety** Certificate Course

Ages: 10 years and over

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

Kenneth G. Rainis

Instructor: Location: PCC

Dates 10-17 years/Veterans

> Sat., 7/12 9:00 AM-5:00 PM (1 class) Code: 375841-A Res \$25, Non-Res \$28

Code: 375841-B Sat., 8/9 9:00 AM-5:00 PM

Res \$25, Non-Res \$28

Code: 375841-C Sat., 9/13 9:00 AM-5:00 PM (1 class)

Res \$25, Non-Res \$28 18 years and over

Code: 375841-AA Sat., 7/12 9:00 AM-5:00 PM (1 class)

Res \$50, Non-Res \$55

Code: 375841-BB Sat., 8/9 9:00 AM-5:00 PM (1 class)

Res \$50, Non-Res \$55

Code: 375841-CC Sat., 9/13 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55

## NEW! Boho Rock Painting

12 years and over Ages:

Rock painting is easy and fun! In this Boho themed class, we will paint two rocks each. Learn to work with acrylics and easy techniques in this fun project with ideas and skills you can take with you! No

experience necessary. All materials supplied.

Instructor: Lesley Shakespeare

Location: PCC

342814-A Date: Code: Th., 7/10 4:00-6:00 PM (1 class)

Res \$25, Non-Res \$28

(1 class)

## **DANCE PROGRAMS**

#### **Ballroom Dance**

14 years and over Ages:

Instructor: Maureen Hickey, MoDancing LLC

Location:

#### Beginner Night Club Two Step

NC2S is such a lovely, lovely dance. It is soft, flowing and ethereal. Think of dancing to "Unchained Melody," "At Last," "Crazy" and current artists like John Legend, Dan & Shay, Michael Buble, etc. It is simply a dreamy way to enjoy romantic love songs. Couples and

singles are welcome. Rotating partners is optional.

Code: 346867-A M., 7/14-8/25 6:30-7:30 PM (7 classes) Dates:

Res \$70, Non-Res \$77

#### **Intermediate Country Two Step**

After a quick review of the basics, we will take your C2S to the next level. Dancers, please be aware that there is a lot of turning involved in this dance, for both the leader and follower. Couples and singles are welcome. Rotating partners is optional.

Code: 346867-B M., 7/14-8/25 7:30-8:30 PM (7 classes) Dates:

Res \$70, Non-Res \$77

#### Combo Class

As long as you are out, why not stay for both classes? You will burn twice the calories and have twice the fun! Please do note that the 6:30 class is BEGINNER LEVEL and the 7:30 class is INTERMEDIATE LEVEL. Singles and couples are welcome. Rotating partners is

Code: 346867-AB M., 7/14-8/25 6:30-8:30 PM (7 classes) Dates:

Res \$126, Non-Res \$136

### **Belly Dance**

Ages: 15 years and over

Join us and get in on the fun! Belly Dance will have you moving like you never thought you could. While learning this beautiful dance form, you will strengthen and tone your core and improve your balance, coordination and posture. Experienced and beginner dancers are welcome. No previous dance experience is needed.

Bring a friend or make a new one!

Instructor: Deborah Robinson

PCC. Location:

Dates: Code: 346100-A W., 7/2-7/23 7:00-8:00 PM (4 classes)

Res \$44, Non-Res \$48



#### DOG OBEDIENCE

### **Basic Manners Dog Training**

18 years and over Ages:

> 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

Dates: **Code: 345849-A** Tu., 7/8-8/5 6:00-7:00 PM (5 classes)

Res \$180, Non-Res \$190

#### Dog Enrichment: Tricks and **Brain Games**

18 years and over Ages:

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.

**Gregory Fiete** Instructor:

Location: Lion's Den Teen Center

Dates: **Code: 345938-A** Th., 8/21-9/4 6:00-7:00 PM (3 classes)

Res \$100, Non-Res \$110

## **Drop In Art**

18 years and over Ages:

This class is full of inspiration, fun and friends! A wide variety of mediums are represented including watercolors, water-based oils, acrylics, pastels, ink, pen & pencil, markers, charcoal and collage. While formal instruction is not provided, participants share their experience and knowledge while providing assistance, advice and

encouragement.

Ann Hallick & John Tolley Instructors:

Location: PCC

Code: 342830-A W., 7/2-9/10 (ex. 7/30) 1:00-3:30 PM Dates:

(10 classes) Res \$22, Non-Res \$24

## **Drop In Art II**

Ages: 18 years and over

> This class is filled with inspiration, fun and friends! Create your own masterpieces using ink, pastels, pencils, watercolors, water-based oils or acrylics. While formal instruction is not provided, members who share their knowledge and provide assistance and advice are

encouraged.

Instructors: Bill Ebersbach & Ginny Dormer

Location:

**Code: 342830-AA** Th., 7/3-9/4 9:30-11:30 AM (10 classes) Dates:

Res \$22, Non-Res \$24



#### **Electronic Notary Training Class**

18 years and over Ages:

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

Instructor: Kristin A. Cavallaro

ONLINE Location:

Code: 345944-A W., 7/30 5:30-8:45 PM Dates: (1 class)

Res \$50, Non-Res \$55

## NEW! Feel-Good Fitness: Approaching **Exercise to Support Mental** & Physical Health

15 years and over Ages:

Ditch the pressure, embrace the joy! Learn practical tips to build an empowering relationship with exercise that boosts both your mental and physical well-being. Say goodbye to toxic gym culture and hello to movement you'll actually enjoy and stick with! Led by Dr. Vanessa Komarek, Licensed Psychologist and Certified Personal Trainer. Includes 2-3 practices applying concepts through gentle movements,

no experience necessary.

Vanessa Komarek, PsyD Instructor:

Location:

Code: 345954-A Tu., 7/15 6:00-7:30 PM (1 class) Res \$10, Date:

Non-Res \$11

#### **FINANCE**

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

50 years and over Ages:

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

Bill Monte Instructor: Location: **PCC** 

Code: 345911-A W., 7/30 1:00-2:30 PM (1 class) No charge Dates:

Code: 345911-B W., 8/27 1:00-2:30 PM (1 class) No charge

### **Interactive Financial Planning**

50 years and over Ages:

> If you're currently working on your comprehensive financial planning, you might be curious about what a financial plan actually entails. We invite you to join Alex Neri, CFP, ChFC, and RICP, as he guides us through a practical example of a financial plan. During this session, you'll get to see firsthand how a financial plan can help you determine how much you can comfortably spend each year in retirement.

Instructor: Alex Neri, CFP, ChFC, RICP of Cultivate Financial Planning

Location:

Code: 345900-A W., 8/6 6:00-7:30 PM (1 class) No charge Date:

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

60 years and over Ages:

> 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.

Bill Gilbert & Susan Alldredge Instructors:

Location:

Dates: Code: 345928-A Tu., 7/8 6:00-7:30 PM (1 class) No charge Code: 345928-B Tu., 8/5 6:00-7:30 PM (1 class) No charge Code: 345928-C W., 9/3 6:00-7:30 PM (1 class) No charge

## Retirement Planning 101

Ages: 50 years and over

Join Alex Neri for an introduction to retirement planning and unlock the keys to a secure future! Learn essential strategies, financial

insights and tips to ensure your retirement.

Instructor: Alex Neri, CFP, ChFC, RICP of Cultivate Financial Planning

Location:

Code: 345914-A W., 7/30 6:00-7:30 PM (1 class) No charge Date:

#### 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:

Code: 345902-A Tu., 7/22 5:00-6:00 PM (1 class) No charge Date:

## 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!

Tomas Aponte, RICP Instructor: Location:

Code: 345902-B Tu., 8/26 5:00-6:00 PM (1 class) No charge Date:

#### Tax Planning for Retirement

50 years and over Ages:

Join Alex Neri, CFP, ChFC, RICP of SixPoint Financial Partners, as he discusses common pitfalls that you should be on the lookout for with taxes! When people prepare for their retirement, proper tax planning is often overlooked and can lead to some very expensive mistakes. Understand the strategies around Social Security, Medicare, RMDs,

Roth Conversions, Inheritance and Estate Planning. Alex Neri, CFP, ChFC, RICP of Cultivate Financial Planning

Instructor: **PCC** 

Location:

Code: 345907-A Tu., 7/15 6:00-7:30 PM (1 class) No charge Dates: Code: 345907-B W., 8/27 6:00-7:30 PM (1 class) No charge

## NEW! How to Fight Climate Change in Fairport and Perinton

16 years and over Ages:

New York State and Monroe County have set goals for reducing greenhouse gas emissions 40% by 2030 and more than 80% by 2050. What does a fossil fuel-free future look like for our community? Join members of Color Fairport Green to discuss how all of us can do our part to create a healthy and sustainable future for everyone.

**Ginny Maier** Instructor:

Location: PCC

Dates: Code: 345949-A Tu., 7/8 6:30-8:00 PM (1 class) No charge Code: 345949-B Tu., 7/15 6:30-8:00 PM (1 class) No charge

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

18 years and over Ages:

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!

Robert Opett Instructor:

Location: PCC

Date: Code: 348103-A Tu., 8/19 7:00-8:15 PM (1 class)

Res \$10, Non-Res \$11

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

18 years and over Ages:

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

Robert Opett Instructor:

PCC Location:

Dates: Code: 348103-B W., 8/20 7:00-8:15 PM

Res \$10, Non-Res \$11

## **NEW!!** Hummingbird Sunset on Canvas

Ages: 12 years and over

Learn to paint and blend in acrylics. Lesley will walk you through painting this beautiful background scene and also how to paint a sweet hummingbird. No experience necessary. All materials supplied.

Lesley Shakespeare Instructor:

Location: PCC

Date: Code: 342815-A Sun., 7/13 1:00-3:00 PM (1 class)

Res \$40, Non-Res \$44

## Iaido – Learn Samurai Sword Techniques!

Ages: 16 years and over

laido is a Japanese martial art, rooted in the rich history of samurai swordsmanship. It is practiced as a non-combative, solo exercise, focused on mastering the sword techniques. The discipline of training is intended to cultivate a practitioner's spirit as well as physical and mental concentration. It's a journey of self-discovery.

J. Jordan & D. Stolka Instructors:

Location:

Dates: Code: 345821-A Th., 7/3-9/4 7:00-8:00 PM (10 classes)

Res \$100, Non-Res \$110

## **Introduction to Book Publishing**

18 years and over Ages:

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

Instructor: Tricia DellAnno

Location: PCC

Code: 346810-A Th., 8/21 10:00-11:00 AM (1 class) Date:

Res \$20, Non-Res \$22

## NEW! Intro to Whitewater Kayaking

Ages: 10 years and over

Have you ever dreamed of experiencing the thrill of paddling your own kayak down a river's rapid, feeling the adrenaline as the waves splash all around? If yes, let our instructors at Lock 32 introduce you to the world of whitewater kayaking. You will first start on flat water, learning all the necessary skills to advance to our whitewater course. When you advance, you will experience the thrill and excitement of navigating your kayak through Lock 32's fun and challenging rapids all while learning on New York's more exciting man-made whitewater park. No kayaking experience needed. All necessary equipment is included, but feel free to bring your own whitewater boat and equipment. Lock 32 Whitewater Park is located at 2797 Clover Street in Pittsford.

Paul Twist Instructor:

Lock 32 Whitewater Park, 2797 Clover Street, Pittsford Location:

Dates: Code: 348803-A Sat., 5/31 10:00 AM-4:00 PM (1 class)

Res \$279, Non-Res \$289

Code: 348803-B Sat., 6/14 10:00 AM-4:00 PM (1 class)

Res \$279, Non-Res \$289

**Code: 348803-C** Sat., 6/28 10:00 AM-4:00 PM (1 class)

Res \$279, Non-Res \$289

Code: 348803-D Sat., 7/12 10:00 AM-4:00 PM (1 class)

Res \$279, Non-Res \$289



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

See Youth & Teen page 35

## Isshin-Ryu Karate – Black Belts

See Youth & Teen page 35

## Isshin-Ryu Karate - Green Belt Through **Purple Belts**

See Youth & Teen page 35

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

See Youth & Teen page 35

JKD – Kung Fu

13 years and over Ages:

JKD Kung Fu is a blended martial arts system. The system is wellrounded and includes all ranges of attacks. Emphasis is on footwork, agility, economy or motion, counter-ability and practical self-defense. Students will learn various principles and techniques as they advance

through the program.

Instructor: Jerry Ciriello Location: PCC

Code: 345921-A Tu., 7/8-9/2 (ex. 8/26) 7:15-8:15 PM (8 classes) Dates:

Res \$96, Non-Res \$106

Kali – Stick Fighting

12 years and over Ages:

> Kali is one of the most comprehensive martial arts in existence. It is the art of stick fighting using hard bamboo sticks to strike and defend, combining reflexes, zoning movements and a variety of weapons. It teaches both empty hands and weapons together, the principles being common to both and interchangeable. It is a weapons-based martial

art that is taught in a safe, non-threatening environment.

David Riedel Instructor:

PCC Location:

Dates: Code: 345805-A M., 6/30-8/25 6:00-7:00 PM (9 classes)

Res \$108, Non-Res \$118

Learn Spanish & Enhance Your Brain

18 years and over Ages:

Learning Spanish is a great opportunity to expand your brain. These classes are taught by an experienced native Spanish speaker in a fun way. You will learn Spanish vocabulary, as well as grammar and

basic conversation.

Lourdes de la Colina-Scolfield, Zoom Into Spanish Instructor:

**PCC** Location: **Basics IA** Dates:

Code: 332878-A Th., 7/3-7/31 10:00-10:55 AM (5 classes)

Res \$138, Non-Res \$148

**Code: 332878-D** Th., 8/7-9/4 10:00-10:55 AM (5 classes)

Res \$138, Non-Res \$148

**Basics IB** 

Code: 332878-B Th., 7/3-7/31 11:00-11:55 AM (5 classes)

Res \$138, Non-Res \$148

Code: 332878-E Th., 8/7-9/4 11:00-11:55 AM (5 classes)

Res \$138, Non-Res \$148

**Basics II** 

**Code: 332878-C** Th., 7/3-7/31 12:00-12:55 PM (5 classes)

Res \$138, Non-Res \$148

Code: 332878-F Th., 8/7-9/4 12:00-12:55 PM (5 classes)

Res \$138, Non-Res \$148

## **NEW!!** Makeup For The Summer

18 years and over Ages:

Makeup application and color tips for the heat of the summer.

Instructor: Colleen Beckwith

Location: PCC

Code: 345924-A Th., 7/17 11:00 AM-12:00 PM (1 class) Dates:

Res \$5, Non-Res \$6

Code: 345924-B Th., 7/17 7:00-8:00 PM (1 class)

Res \$5, Non-Res \$6

Mindful Summer

Ages: 50 years and over

This Mindful Summer series will introduce participants to the practice of mindfulness. Summer seasonal themes and practices will

be integrated into each session.

Laura Gavigan Instructor:

PCC Location:

Dates: Code: 335887-A Tu. & Th., 7/8-7/17 10:00-11:00 AM (4 classes)

Res \$75, Non-Res \$83

Code: 335887-B M. & W., 8/4-8/13 10:00-11:00 AM (4 classes)

Res \$75, Non-Res \$83

**Ping Pong Parkinson** 

18 years and over Ages:

> Combat Parkinson's symptoms while having fun playing ping pong. Research has shown that playing ping pong improves physical and cognitive well-being as it incorporates movement, balance, cognition, and hand-eye coordination. Improve your game and your

health, make friends and enjoy yourself.

Dan Rothschild, Kathy Lewandowski, Chuck Vandenberg, Instructors:

Gary Robinson, Patricia Bradford, Kevin Howe, Cindy Finestone

& Jen Schlegel

Location:

Code: 345303-A Th. & Sun., 7/3-9/28 (ex. TBA) 1:00-3:00 PM Dates:

(25 classes) Res \$65, Non-Res \$72

Radon – The Silent Killer

21 years and over Ages:

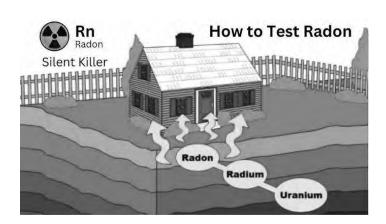
> Attendees will learn of the health risks associated with Radon, the importance of testing in their homes and the actions they can take to

mitigate their exposure to this poisonous gas.

Instructor: Robert Metz

Location: PCC

Date: Code: 345952-A Th., 7/17 1:00-2:30 PM (1 class) No charge



Register Online Using Our WebTrac System - See Page 22 https://webtrac.perinton.org

## **ROC Yoga in the Park**

Ages: 12 years and over

> Come breathe in fresh air, embrace blue skies and sunshine in Perinton's Center Park as you tone your body and reduce your stress with Vinyasa Yoga. Beginners welcome and modifications always

offered. www.ROCyogainthepark.com

Instructor: Tiffany Weil

Location: Center Park Amphitheater

Dates: Code: 345845-A W., 7/2-7/30 (ex. 7/9, 7/16) 6:30-7:30 PM

(3 classes) Res \$34, Non-Res \$37

345845-AA W., 7/2 Code: 6:30-7:30 PM (1 class)

Res \$15, Non-Res \$17

Code: 345845-AC W., 7/23 6:30-7:30 PM (1 class)

Res \$15, Non-Res \$17

345845-AD Code: W., 7/30 6:30-7:30 PM (1 class)

Res \$15, Non-Res \$17

Code: 345845-B W., 8/6-8/20 6:30-7:30 PM (3 classes)

Res \$34, Non-Res \$37

345845-BA Code: W., 8/6 6:30-7:30 PM (1 class)

Res \$15, Non-Res \$17

Code: 345845-BB W., 8/13 6:30-7:30 PM (1 class)

Res \$15, Non-Res \$17

Code: 345845-BC W., 8/20 6:30-7:30 PM (1 class)

Res \$15, Non-Res \$17

## **NEW!!** Skin Care For The Summer Time

Ages: 18 years and over

Learn the best ways to take care of your skin in the heat and sun

of the summer.

Instructor: Colleen Beckwith

Location: PCC

Code: 345926-A Th., 7/10 11:00 AM-12:00 PM (1 class) Dates:

Res \$5, Non-Res \$6

345926-B Code: Th., 7/10 7:00-8:00 PM (1 class)

Res \$5, Non-Res \$6

## **Small Group Training**

55 years and over Ages:

Personal training but with a few other people! Exercises tailored specifically towards your needs and goals by a trainer specializing in ages 55+. Personalized attention, modifications, progressions and safety for improving core, upper body and lower body strength, balance and mobility. All fitness levels welcome. Chairs available for

seated and/or standing support.

Alyssa Ziolko Instructor:

Location: PCC

Code: 342801-A Tu., 7/8-8/5 (ex. 7/22) 1:00-1:50 PM (4 classes) Dates:

Res \$120, Non-Res \$130

Code: 342801-B Tu., 8/12-9/2 1:00-1:50 PM (4 classes)

Res \$120, Non-Res \$130

**Code: 342801-C** Th., 7/10-8/7 (ex. 7/24) 1:00-1:50 PM (4 classes)

Res \$120, Non-Res \$130

Code: 342801-D Th., 8/14-9/4 1:00-1:50 PM (4 classes)

Res \$120, Non-Res \$130



#### **TAEKWONDO** Advanced Taekwondo

8 years and over Ages:

Advancing in Taekwondo, students who 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."

Rochester Taekwondo Club Instructors:

PCC Location:

Dates: Code: 345847-D Th. & Sat., 7/10-9/6 6:30-7:30 PM (Th.) &

10:00-10:45 AM (Sat.) (18 classes) Res \$140, Non-Res \$150

#### Women's Self-Defense – Taekwondo

15 years and over Ages:

> Young ladies and women are introduced to the basics of self-defense to provide introduction to responding to hostile situations. No experience required. Self protection strategies specifically for

women and basic techniques.

Instructors: Rochester Taekwondo Club

Location:

Dates: **Code: 345847-H** Sat., 7/12-9/6 11:00-11:45 AM (9 classes)

Res \$90, Non-Res \$99

## Tai Chi (Yang Style, Long Form)

18 years and over Ages:

> 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.

Binh N. Tran Instructor:

PCC Location:

Dates: **Code: 345855-A** Sat., 7/5-9/6 9:00-10:30 AM (10 classes)

Res \$80, Non-Res \$88



#### Teen & Adult Learn to Skate

13 years and over Ages:

This program offers a teen and adult skating curriculum for those looking to skate for fun, fitness, or to start a new adventure in figure skating or hockey. The program promotes physical fitness and improved balance and coordination while learning proper skating techniques on the ice. An additional \$20 fee must be paid to instructor on the 1st for US figure Skating for insurance coverage. Skate rental is also available for the additional cost of \$12 for the

3-week session. Pamela Warren

Location: Paul Louis Ice Arena, 1 Boys Club Place, Rochester

Code: 335824-C W., 7/9-7/23 7:00-7:50 PM (3 classes) Dates:

Res \$75, Non-Res \$83

Code: 335824-CC Sun., 8/3-8/17 12:00-12:50 PM (3 classes)

Res \$75, Non-Res \$83

## **Travelers Spanish**

18 years and over Ages:

Instructor:

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

Lourdes de la Colina-Scolfield, Zoom Into Spanish Instructor:

Location: PCC Dates: Part 1

Code: 332880-A Tu., 7/1-7/29 11:15 AM-12:10 PM (5 classes)

Res \$135, Non-Res \$145

Code: 332880-C Tu., 8/5-9/2 11:15 AM-12:10 PM (5 classes)

Res \$135, Non-Res \$145

Part 2

**Code: 332880-B** Tu., 7/1-7/29 12:15-1:10 PM (5 classes)

Res \$135, Non-Res \$145

Code: 332880-D Tu., 8/5-9/2 12:15-1:10 PM (5 classes)

Res \$135, Non-Res \$145

## **Understanding Electric Vehicles**

18 years and over Ages:

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.

John Bednarczyk Instructor:

Location: PCC

Date: Code: **375842-A** Sat., 7/19 9:00-10:00 AM (1 class)

Res \$7, Non-Res \$8

## **Western Riding for All Ages**

7-70 years Ages:

Taught by a professional Western Trainer, this program is great for anyone who would like to learn how to ride a gentle Western trained horse. You will learn the basic maneuvers, correct body position and

neck reining.

JLD Trainers Instructors:

JLD Equine, 1942 Turk Hill Road Location:

Dates: **Code: 345753-A** W., 7/9-7/30 7:00-8:00 PM (4 classes)

Res \$200, Non-Res \$210

Code: 345753-B W., 8/6-8/27 7:00-8:00 PM (4 classes)

Res \$200, Non-Res \$210

#### NEW!! You Can Grow

18 years and over Ages:

The full 8-week course includes the 15-Minute Gardener: You Can

Grow book, a 10-variety seed kit, and a personalized garden plan.

Instructor: Lisa Douglas

Location:

Dates:

**Code: 345162-A** Th., 7/10-8/28 6:30-8:00 PM (8 classes)

Res \$120, Non-Res \$130

#### 0-60 Growth

It's not too late to start a garden! Learn how to choose the right location, build healthy soil, and set up for success. We'll also cover companion planting and "pretty permaculture" for a thriving, lowmaintenance garden. Includes a mini seed kit and digital resources. Code: 345162-B Th., 7/10-7/31 6:30-8:00 PM (4 classes)

Dates: Res \$65, Non-Res \$72

## **Beginners Guide to Harvest, Pests** and Preservation

Continue your gardening journey with natural pest control, pruning techniques, and food preservation methods like canning,

fermenting, and dehydrating.

**Code: 345162-C** Th., 8/7-8/28 6:30-8:00 PM (4 classes) Dates:

Res \$65, Non-Res \$72



# **PERINTON**

## **Office Hours**

#### Monday through Friday

7:30 am - 3:30 pm Phone: (585) 223-1617 www.perinton.org

Anke Applebaum - 55+ Program Supervisor Maggie Monsen - Office Clerk

## Retired Men's Club **Monthly Meeting**

First Tuesday of the Month 10:00 AM

## **Retired Women's Club Monthly Meeting**

Third Tuesday of the month 2:00 PM

## 55+ Couples Group **Monthly Meeting**

Third Monday of the month 6:00 PM



Offering the Highest Quality of Aquatic & Land Therapy Exercises Don't wait to start feeling better! Direct Access / No Prescription Or Referral Necessary Call 364-0136 to schedule and appointment or stop in Room #211

#### **HOURS:**

Mon - Thurs: 7am-7pm / Fri: 8am-2pm Closed Saturday & Sunday

Monthly educational presentations on the third Wednesday of the month!

## **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 Joe Brophy prepares homemade soups, sandwiches, and salads. These are available as an add-on to any meal, or solo.

Call our office for more information!



#### PERINTON AMBULANCE

**Blood Pressure Checks** 2nd and 4th Tuesdays of the month 9am -11am

# 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**



# **COMMUNITY ROOM GAMES SCHEDULE**

## MONDAYS

Bingo @ 1:00 PM Mah Jongg @ 1:00 PM



## **TUESDAYS**

Mah Jongg @ 9:30 AM Euchre @ 12:30 PM Pinochle @ 3:00 PM



## **WEDNESDAYS**

Bridge @ 12:45 PM Bunco @ 1:00 PM (every 1st Wednesday of the month)



## **THURSDAYS**

Mah Jongg @ 9:30 AM + 12:30 PM

Hand & Foot @ 12:30 PM



Pinochle @ 2:00 PM

## **FRIDAYS**

Pokeno @ 1:00 PM Board Games @ 1:00 PM





# FE-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. trips, and local happenings. Call 223-1617 or register in the Town's website under 55+ > NEWSLETTERS

## SENIOR CHORUS



Do you like to sing? Make new friends, share your talent, join the Perinton Senior Chorus! The choir meets at 2:00 PM on Tuesdays at the PCC (Room 204 A/B) and performs seasonally for senior living communities, nursing homes, and various senior groups.

Visit the 55+ Community Room or call 223-1617 for more information

## 55+ FITNESS SCHEDULE

MOŅDAY	TUESDĄY	WEDNESDĄY	THURSDAY	FRIDAY		
8:00 - Kristi <b>Tai-Yo</b> Room 204 A/B	8:30 - Karen Classic Room 204 A/B	8:00 - Lin <b>Circuit</b> Room 204 A/B	8:30 - Denise <b>Classic</b> Room 204 A/B	8:00 - Karen  Bone Builder Class  Aerobics Room		
9:00 - Andie <b>Yoga</b> Room 204 A/B	8:30 am - Bonnie Yoga Aerobics Room  8:35 - Marsha Young	8:00 - Joween Step Interval (SENIOR CORE 1/15 - TBD Bonnie) Aerobics Room	8:30 - Karen <b>Experience</b> Aerobics Room	8:00 - Joween (or Lin) <b>Yoga</b> Room 204 A/B		
9:00 - Kristi <b>Zumba Gold Light</b> Aerobics Room	Aqua Fit Lap Pool  9:30 - Karen	9:00 - Lin <b>Yoga</b> Room 204 A/B	9:30 - Denise <b>Experience</b> Room 204 A/B	9:00 - Joween (or Lin) CardioFit Room 204 A/B		
9:00 - Marjory Total Body Aqua Size (Water in Motion)	Circuit Room 204 A/B	9:00 - Joween (or Bonnie) <b>CardioFit</b> Aerobics Room	9:30 - Bonnie <b>Zumba Gold</b> Aerobics Room	9:00 - Karen <b>Circuit</b> Aerobics Room		
Lap Pool  10:00 - Kristi (or sub)  Classic	Zumba Gold Aerobics Room	9:00 - Kristi <b>Back to Basics</b> Room 208B	9:30 - Marsha Young <b>Aqua Endurance</b> Current Channel	9:00 - Marjory  Total Body Aqua Size (Water in Motion)  Lap Pool  10:00 - Joween (or  Lin)		
Room 204 A/B  10:00 - Andie  Classic	9:30 - Marsha Young AQUA ENDURANCE Current Channel	10:00am - Joween (or Andie) <b>Yoga</b> Aerobics Room	10:30 - Karen Bone Builder Class			
Room 208B 10:00 - Denise Circuit	10:30 - Lin Classic Room 204 A/B	10:00 - Kristi <b>Classic</b> Room 204 A/B	Aerobics Room  10:30 - Lin Classic	Room 204 A/B 10:00 - Marjory		
Aerobics Room  10:00 - Marjory  CIRCLE AQUA VOLLEY  BEACH BALL	<b>CardioFit</b> Aerobics Room	10:00 - Marjory <b>Let's Get Moving</b> Lap Pool	Room 204 A/B  10:30 - Marsha Young  Aqua Circuit  Current Channel	Lap Pool		
11:00 - Kristi (or sub)  Zumba Gold	10:30 - Marsha Young <b>Aqua Circuit</b> Current Channel	11:00 - Kristi <b>Zumba Gold</b> Room 204 A/B	11:30 - Denise Booty Barre	Bone Builder Class Aerobics Room  8:00 - Joween (or Lin) Yoga Room 204 A/B  9:00 - Joween (or Lin) CardioFit Room 204 A/B  9:00 - Karen Circuit Aerobics Room  9:00 - Marjory Total Body Aqua Size (Water in Motion) Lap Pool  10:00 - Joween (or Lin) Classic Room 204 A/B  10:00 - Marjory Let's Get Moving Lap Pool  Scan me with your smart phone to go		
Room 204 A/B  11:00 - Denise  Booty Barre  Aerobics Room	11:30 - Lin <b>Yoga</b> Room 204 A/B	12:00 pm - Kristi Silent Movement & Meditation	Aerobics Room  11:30 - Lin  Yoga	smart phone to go		
12:00 - Denise	11:30 - Kristi Seasoned Beginner Line Dance	Room 208B	Room 204 A/B	website!		



You must reserve your space in

class on the Acuity website.

**Line Dance** 

Aerobics Room

Cardio Kickboxing

Aerobics Room

## 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

#### Silent Movement & Meditation

Low impact. Fascia stretching to help your stiffness. Gentle stretch, calm and flowy movement allows your connective tissue to relax and expand slowly. Find the balance you need while strengthening your muscles. We'll work on improving balance and the range of motion you are comfortable with. Build confidence in your movement. Class time: 45 minutes

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

#### **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

#### **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

#### 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

#### **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 musicbased water class. Class time: 45 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: 45 minutes

#### **Back to Basics**

Our lowest impact class. Gentle and slow movement throughout the class. Participants will work within their own range of motion. Low impact to help with maintaining flexibility & to prevent stiffness.

Work in a calm and peaceful atmosphere. This class can be a transitional class for you to get into more intensive classes later. Improve your balance & confidence in your exercise.

(This class is only available outside of school break times.)

#### Senior Core

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.

Class time: 45 minutes

Members of SilverSneakers, Silver&Fit, and Renew Active qualify for ALL of the classes (FREE). 55+ non-members of SilverSneakers/Silver&Fit/Renew Active pay a \$5.00 Drop-In Fee or you may purchase a 10-class pass for \$42.00 or an unlimited monthly class pass for \$47.00. Schedule is subject to change. Call 223-1617 with questions. You must reserve your space in class on the Acuity website. Visit www.perinton.org and click on "PCC Schedules." These classes are found under "55+ Fitness

"\Silver&Fit. RenewActive"

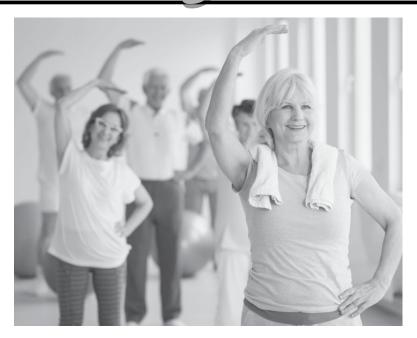


Classes."





# PERINTON 55 FITNESS



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

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

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

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

#### WHAT DO I DO? WHERE DO I GO?

If you are registering for the first time OR you have changed insurance companies for 2024/2025, OR are renewing your fitness benefits, please bring your insurance card and <u>your fitness ID#</u> (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 insu4ince company has not changed in 2023, you can call our office (223-1617) or the main desk (223-5050), or stop by our office and we can renew you.

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

Make fitness part of your daily and weekly routine. The Community Center is open from 6:00 AM to 9:00 PM, Monday through Friday. On Saturday, 7:00 AM to 7:00 PM, and on Sunday, 9:00 AM to 6:00 PM. Our 55+ fitness schedule has over 30+ classes Monday through Friday. Opportunities to swim laps and water walk are offered daily, as well as participation in daytime aquatic exercise classes. Reservations are available 7 days in advance.

#### **FITNESS PASSES**

NON-MEMBERS OF INSURANCE FITNESS BENEFITS (SILVER SNEAKERS, FIT ON, ETC.) OR YOUNGER THAN 65 YEARS OF AGE:

You can still attend exercise classes by paying a \$5.00 drop-in fee or you may purchase a 55+ 10-class pass for

#### **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

Michael Folino David P. Belaskas Meredith Stockman-Broadbent Janelle Reed, Town Clerk

## **Recreation and Parks Advisory Board**

Al Chesonis, Chairperson

**Amy Bender** Michael Coppola Emily Chisholm-Gallagher Paul M. Fioravanti Jayne LaFay James Unckless

## **Perinton Recreation and Parks Department**

1350 Turk Hill Road, Fairport, New York 14450 Office Phone: 223-5050 • Office Fax: 223-4045 Office Open Monday - Friday, 9:00 AM-5:00 PM

## **Staff serving your recreation needs:**

Jeff Nutting, CPRP - Commissioner of Recreation and Parks Nick Berlin, CPRP - Recreation Director Kelly Attridge - Assistant Recreation Director Michael Clark - Senior Recreation Supervisor Sydney Mooney - Recreation Supervisor Joe Kincaid - Recreation Supervisor Laura Silins - Recreation Supervisor Sean Anne - Lifequard Lieutenant Anke Applebaum - 55+ Program Supervisor Joe Brophy - Cook Michelle Reus - Office Clerk Maggie Monsen - Office Clerk Rebecca Drumm - Office Clerk Amy Kelley - Office Clerk Scott Allen - Facility Manager Mike Sozio - PCC Custodian Jon Pitre - Building Attendant Chris Dudley - Director of Parks Dillon Dayton - Parks Foreman Dan Frederes - Shop Mechanic Rob Cooper - Ground Equipment Operator Michael Lioudis, CPSI - Ground Equipment Operator

Matt Loveless - Ground Equipment Operator Noah Brown - Laborer

Ryan Fox - Laborer Tanner Doyle - Laborer

#### FitOn

The Perinton Community Center is an in-Network facility of FitOn. 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.



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

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

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

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

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

#### REFUND POLICY

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

#### PROGRAM INCLUSION

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



#### FINANCIAL SCHOLARSHIPS

Through the Friends of Perinton Recreation and Parks, 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., June 16, 2025 at 10:00 AM Non-Residents - Registration begins M., June 23, 2025 at 10:00 AM

#### REGISTRATION PROCEDURES

- 1. Complete the registration form.
- 2. Enclose the registration form and payment in an envelope.
  - List clearly alternate choice if first choice is not available.
  - If you are enrolled in your 2nd choice, you will not be put on the waitlist of your 1st choice.
  - If paying by check, separate checks requested for each program.
  - Make checks payable to: Perinton Recreation and Parks Department
  - A \$20 fee will be charged for all returned checks.
  - Acceptable forms of payment:

Credit Card **VISA** 







, Check or Cash

3. Place the envelope in the Drop Box located at the main entrance to the Perinton Community Center.

Mail your envelope to Perinton Recreation and Parks Department, 1350 Turk Hill Road, Fairport, NY 14450

- Placing CASH in the Drop Box or mail is not encouraged.
- 4. Registrations on WebTrac begin at 10:00 AM on 6/16 (Residents) and at 10:00 AM on 6/23 (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)				NAM	NAME(Adult's first and last name)					
ADDRESS										
HOME #		WORK#_		HOM	ИЕ #	WORE	ζ#			
EMERGENCY #		CELL#_		EME	RGENCY #	CE	LL#			
E-MAIL				E-MA	AIL					
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## **Perinton Recreation and Parks Department**

1350 Turk Hill Road Fairport, NY 14450

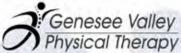
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#### PERINTON TOWN OFFICIALS

Town Clerk Janelle Reed, Councilperson David Belaskas, Town Supervisor Ciaran Hanna, Councilperson Meredith Stockman-Broadbent, Councilperson Mike Folino (left to right)

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