



Perinton

Recreation & Parks

www.perinton.org



2023 Summer Programs

Registration Begins
Monday, June 5th

Town Supervisor's
Message Page 5



CONCERT SERIES



TOWN OF PERINTON & WEGMANS PRESENT:

**CENTER STAGE SUMMER
2023 CONCERT SERIES**



SUNDAYS
6:00PM -8:00PM
JULY 9TH -
AUGUST 27TH



CENTER PARK
AMPHITHEATER
CENTER PARK WEST
1110 AYRAULT ROAD

July 9	FAIRPORT HIGH SCHOOL BAND ROCHESTER PHILHARMONIC ORCHESTRA	
July 16	RUBY SHOOZ 50'S / 60'S	July 23 BILLBOARD HITS
		UPTOWN GROOVE
July 30	COOL CLUB & THE LIPKER SISTERS JUMP, JAZZ, & SWING	
August 6	PRIME TIME FUNK FUNK, R&B, JAZZ!	LYIN EYES EAGLES COVER BAND August 13 BAD SNEAKERS STEELY DAN COVER BAND
August 20	SKYCOASTERS PARTY MUSIC	August 27 SALUTE TO AMERICA FAIRPORT FIRE DEPT. BAND PERINTON CONCERT BAND



THANK YOU TO OUR SPONSORS!



CASA LARGA
-VINEYARDS AND WINERY-



masondigital



RIEDMAN



HENDERSON
WEALTH MANAGEMENT

Food and beverage concessions featuring the Lion's Club,
Casa Larga, LuGia's Ice Cream, and guest food truck.



2023 Gazebo Concerts

Performances at
Vincent G. Kennelley Park
Thursdays, 7-8pm



JUNE 8TH: PERINTON CONCERT BAND

JUNE 15TH: 198TH ARMY BAND

JUNE 22ND: HEY MABEL

JUNE 29TH: HIP REPLACEMENT

JULY 6TH: 78 RPM

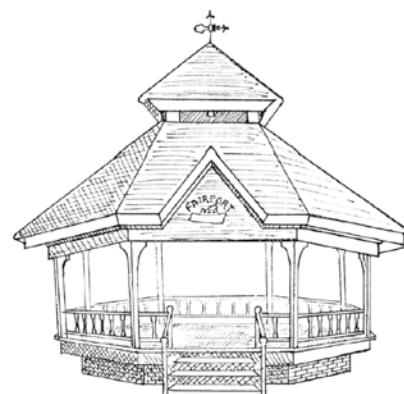
JULY 13TH: BRICK BAND

JULY 20TH: A TASTE OF JAZZ

JULY 27TH: DIFFERENT EVERY TIME

AUGUST 3RD: BLEND OF BROTHERS

AUGUST 10TH: FAIRPORT FIRE DEPARTMENT BAND



In case of inclement weather or for more information visit:
www.perinton.org or www.fairportlibrary.org
Perinton Recreation Info Line: (585) 223-5050
Fairport Public Library: (585) 223-9091

Perinton Rec & Parks Department Presents: Children's Gazebo Concerts

JUNE 27TH: MisterGreene

JULY 25TH: Mike Kornich Trio

AUGUST 8TH: Mr. Loops

Tuesdays, 6:30-7:30pm



In case of inclement weather or for more information visit:
www.perinton.org
Perinton Recreation Info Line: (585) 223-5050

JAMES E. SMITH CENTER

JAMES E. SMITH CENTER
1350 Turk Hill Road

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

Office: 223-5050
Fax: 223-4045
Taped Info: 425-1170

THE INDOOR TRACK

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

THE FITNESS/WELLNESS CENTER

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

THE AQUATIC CENTER

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

DROP-IN FITNESS CLASSES

Drop-In Fitness is offered for \$9.00 per class. Non-resident rate is \$10.00 per class. Check out our adult and teen fitness classes inside this brochure. Group cycling classes are \$10.00 for residents and \$11.00 for non-residents. Only the classes on the Fitness pages are eligible for drop-in rates.

PASS FEES

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

ROOMS AND GYM FOR RENT

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

GYM DROP-IN PROGRAMS

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

DAILY FAMILY PASS FOR AQUATICS

(Perinton Residents)

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

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

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+ 7:30-9:00 PM	Basketball Ages 18+ 8:15-9:45 PM		

Schedule subject to change. View website for current schedule.



Ciaran Hanna
Town Supervisor

Town Supervisor's

Message to the Community

Greetings! Wishing everyone an enjoyable summer here in the Town of Perinton.

Our parks, facilities, and trails are ready for the summer thanks to the hard work and coordination of our Parks Department and volunteers from the Crescent Trail Hiking Association. In addition, our Recreation Department has been busy planning some of our favorite summertime events, including our Sunday Concerts at Center Stage and the Thursday Gazebo Concert Series at Kennelley Park in the Village. This year, the RPO will return to Center Stage on July 9, along with a few new acts. Last year, attendance was estimated at 14,000 over six total concerts at Center Stage, so I hope you will join your neighbors and take advantage of these fun free events we offer each summer.

Our Department of Public Works has a busy roadwork schedule planned, including 21 miles of preventative maintenance and 4.5 miles of road rehabilitation. This annual investment in our roads is critical to maintaining our infrastructure and resiliency into the future. Last summer, we launched a new webpage to keep you informed on projects taking place around Town called "Projects of Community Interest." You can find it under Building & Codes at perinton.org. On our website, you can also find a list of Town, County, and State road projects. One of these projects is the highly anticipated Route 250 Project. New York State will mill and pave Route 250 from 31 to 96, which is in dire need of repair. The Town has long advocated for repairing this stretch of road, and we are happy to report that the project should be completed by the end of July.

Also coming up in July is Cycle the Erie, when cyclists will make an overnight stop in the Town of Perinton along their 400-mile journey on the historic Erie Canalway Trail from Buffalo to Albany. Last year, we welcomed 765 cyclists and crew members to Center Park and the Perinton Community Center after they had completed 62 miles from Medina to Fairport. This year, we will once again provide riders a shuttle into the Village and around Town to encourage them to explore our businesses and community. We are always happy to showcase our incredible Town to riders from around the state, country, and even Canada! Their 2022 tour saw a record number of riders, and registration is

trending even higher this year for their 25th anniversary. Cyclists will be in Perinton on July 10, so please give them a big welcome if you see them around Town!

We have several projects that will see significant progress this summer. Public Works is completing site work in Perinton Park, which will allow for the construction of our new skatepark, an expanded parking lot, an improved pedestrian entrance from 31F, and increased park access via sidewalks. The lower lot of Perinton Park will be closed to the public throughout the duration of this project, which we expect to be completed by the end of the year!

We are also starting to work on installing a new gravity sewer between Ayrault Rd and Pebble Hill Rd, within the RS&E Trail corridor. This will allow for the elimination of a high-maintenance 50-year-old pump station and an aging force main. This is a massive project for our Sewer Department and Town - these pumps run every 5-7 minutes, and our Sewer Department estimates a pump failure would only allow about 14 minutes until back-ups or overflows would affect more than 1,000 homes and wetlands. The project will require the closure of a portion of the trail between the Bradford Hill Access Point and Ayrault Rd. A signed trail detour will be maintained for both pedestrians and bicyclists, and a detour map can be found on our website under "Projects of Community Interest" at www.perinton.org.

Summers in Perinton are filled with endless opportunities, and I hope you will take some time to enjoy this season right here in our community - try out a new Recreation class, hike on our trails, play a game of pickleball, enjoy a free concert, or have a picnic at one of our many parks. As always, if you have any questions or concerns, please do not hesitate to stop by, call or email any time. My number is (585) 223-0770, and my email address is channa@perinton.org. I look forward to hearing from you.

Sincerely,

Ciaran Hanna, Town Supervisor

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THIS PROPERTY IS

UNDER REVIEW

BY THE TOWN OF PERINTON

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

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.

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.

Town Hall Closings:	PCC Closings:
June 19: Juneteenth July 4: Independence Day Sept. 4: Labor Day	July 4: Independence Day Sept. 4: Labor Day

Recreation & Parks Content Starts on Page 20

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**

Thomas A. Klonick

Town Justice

Charles Steinman

Town Justice

Wayne Pickering, IAO

Town Assessor

Joseph LaFay

Town Attorney

Robert J. Kozarits

Town Engineer

Bill Poray

Town Historian

Jason R. Kennedy

DPW Commissioner

Jeff Nutting

Commissioner of Recreation and Parks

Board Meetings

Town Board

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

Planning Board

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

Conservation Board

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

Zoning Board of Appeals

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

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

— Perinton Town Officials —



Ciaran Hanna
Town Supervisor



Seana L. Sartori
Councilperson



David P. Belaskas
Councilperson



Meredith Stockman-Broadbent
Councilperson



Alexandra Winner
Councilperson



Janelle Reed
Town Clerk

Town E-Newsletter/PASS Update

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

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



Living the Values

The Town's employee recognition program, "Living the Values," is a way to recognize our employees who provide superior public service and display our Town Values of integrity, community, respect, customer service, and stewardship.

For the first quarter of 2023, Town Supervisor Ciaran Hanna and the Town Board members David Belaskas, Seana Sartori, Meredith Stockman-Broadbent, and Alex Winner recognized Volunteer Board Coordinator Chris Mueller.

Chris is a dedicated and loyal Town employee. He is an excellent team player and always wants the best for Perinton residents. He is respectful of other Town employees and is always willing to lend a hand to others in the office and volunteer to help at events. Chris's background in public service is evident as he navigates the ever-growing duties involved with the volunteer boards. We are proud to recognize his exceptional customer service.

Others nominated included:

- Jess Brown, Town Clerk's Office
- Anne Borix, Cathy DeLola and Becky Drumm, Recreation & Parks
- Wayne Pickering, Town Assessor
- Steve Pringle, Animal Control

Local firefighting legend sets up scholarship for junior firefighters

LJ Sutherland is working on expanding his 41-year legacy as a Bushnell's Basin firefighter.

The former Perinton Fire Marshall, his wife Nancy, daughter Ashley, and her boyfriend Spencer Wilcox have formed the LJ Sutherland Scholarship Fund to benefit college-bound junior firefighters and families of area volunteer firefighters.

In the past year, they have raised more than \$25,000 for their first round of scholarships.

"The overwhelming amount of support has been great and we are very thankful," LJ said. "We expected to make \$8,000-\$10,000, and we ended up mailing t-shirts across the country and our fund-raiser at Thirsty's was beyond anything we thought it would be."



Spencer Wilcox, Ashley Sutherland, LJ Sutherland and Nancy Sutherland

He is referring to a fund-raiser at Thirsty's Sept. 18. LJ was a bartender at the bar for 35 years. The event raised more than \$10,000 and Bryx Firefighter Alerting matched it with another \$10,000.

The t-shirt sales – 300-400 at this point – are not just to benefit the scholarship fund. The LJ Strong shirts double as a way for friends and family to show love and support for LJ, who has been battling cancer since 2019.

He was diagnosed with rectal cancer in 2019 and went through radiation and chemotherapy. He had surgery in May 2020.

A CAT scan in November of 2020 came out clear and doctors believed he was on the road to recovery.

Another scan in February of 2021, however, discovered cancer cells in the lining of his stomach. The cancer has since spread to his liver and his kidneys. He has also had severe blood clots.

LJ started as a junior firefighter in 1981. He has had two stints as fire chief in Bushnell's Basin, two stints as Deputy Monroe County Fire Coordinator and he was Assistant Fire Marshall in Pittsford for two years before coming to Perinton just a few months before finding out his cancer was back.

"We were so happy to have LJ as part of the Town family," Town of Perinton Supervisor Ciaran Hanna said. "His institutional knowledge was a great help to us. He is still a big part of this family and I love all the support he is getting. All well-deserved."

The goal of the scholarship fund is not just to help students now, but for years to come. The group plans to notify the first recipients in June and then continue to build the fund so that it will replenish itself.

"This is a fantastic legacy for LJ to leave," said Brighton firefighter Ted Aroesty, who has been a close friend to LJ for decades. "Young aspiring kids will be able to look into what LJ stood for and learn from that. He will be around for quite a while, so he will be a part of this for years. But long after he is gone, his spirit and name will live on in these kids."

Other fund-raisers are in the works, but if you are interested in donating you can venmo money to @LJ_strong14.

"I knew a lot of people would donate because I knew how many people loved him," Aroesty said. "LJ has always been that guy. The one who would give you the shirt off his back and never ask for it back. He has always been outgoing and caring, showing support for others. So I am overwhelmed with how much we have raised, but I'm not surprised at how many people have shown him support."

PCC Fixture Ackerman Retires

Jeff Ackerman had not planned on working in recreation, but as soon as he was entrenched in Perinton Recreation & Parks, he was hooked.

“This place really allowed me to find my niche,” said Ackerman, who started in Perinton in 1997. “I never expected to have this job, but I have really learned to love it.”

The long-time recreation supervisor is retiring in June. He and his wife Naysha will be moving with their kids to South Carolina.

“Jeff truly cares about serving our residents and has gone out of his way to ensure a positive experience for renters of the Perinton Community Center,” said Rec & Parks Commissioner Jeff Nutting. “He has an incredible understanding of what is happening within the building at any moment. His sense of humor and ability to bring levity will be missed.”

Ackerman was part-time in the parks, supervising park fields and the softball program until 2004. When now retired Rec & Parks Commissioner Jeff Myers made Ackerman full-time, he was named supervisor of the drop-in basketball in the schools and as well as youth soccer and softball leagues in Town.

Six years ago, Ackerman was named night building manager for the PCC. In 2010, he took over building and field rentals. Jeff has also been the Perinton Popular Pizza Poll supervisor almost every year since its inception in 2005.

“Jeff’s duties have changed over the years, but he has always maintained a strong work ethic and communicated well with participants,” said retired Rec & Parks Commissioner Jim Donahue. “He is fair minded and dedicated to doing what is best for our residents and visitors.”

Ackerman said his major accomplishment was helping bring Pickleball to Perinton. Shortly after being made full time, he heard the game was picking up in Odgen and he went to observe.

The game – inside and outside – is now arguably the most popular activity among adults in Perinton.

He is excited about starting a new life in South Carolina – he already has a part-time recreation job lined up – but he will miss what goes on in Perinton.

“I will miss the staff and the rest of the team,” he said. “I still can’t believe other towns don’t do what we do here. Our staff has always looked to improve on what exists, but is also always looking to start and try new things.”



Sean Anne joins PCC Aquatics staff



Welcome new Lifeguard Lieutenant Sean Anne!

Sean started his aquatics career with the Town of Perinton as an Aquatics Supervisor when the pools opened. Since 2006, he has held multiple aquatics positions with the YMCA, most recently as the Senior Director of Aquatics Operations at the Canandaigua branch. He is well known and respected within the field. Throughout his tenure with the YMCA, he developed a variety of programs and provided oversight to lifeguards and programming staff members.

His job duties in Perinton will include safety and risk management and lifeguard training in the Aquatics Center.

“I like helping the community so when I had an opportunity to come back here to train people and help my community, it was a big thing for me,” Sean said. “Swimming is a life skill you can use for your whole life and I love being able to give people that.”

Sean and his wife Amanda live in Fairport with their four kids and granddaughter.

Joe Kincaid brings experience to Rec Dept.



Joe Kincaid is the new Recreation Supervisor for the Perinton Recreation & Parks Department.

Joe comes to Perinton from Sweden/Clarkson, where he has worked since 2011. He is a Brockport High graduate and received his BA in Recreation and Leisure Studies from Brockport State.

“I know Perinton has a good reputation, so I knew it would be a good fit for me,” Kincaid said. “This is a good next step for me. I want to gain more professional experience and this is a good place to figure out just what I can do.”

Joe ran a variety of programs while in Sweden, including Summer Camps, Before & After School programs, Halloween special events, Fourth of July special events, senior programs and the internship program.

He has been married to his wife Nicole for 6 years. He has 2 step children (Isabella, 13, and Mason 10) and his 4-year-old daughter Piper.

Town of Perinton
**FREE RABIES
 IMMUNIZATION CLINIC**



SATURDAY, JUNE 17, 2023

9AM - 12PM; By appointment only. Book on www.perinton.org, or call (585) 223-5115

**Perinton Public Works
 100 Cobb's Lane, 14450
 (Drive-Thru)**

- In partnership with Monroe County and Fairport Animal Hospital -

Has this ever happened to you?



- 1 Did you know that New York State Law requires every dog over four months of age to be licensed by the local municipality in which they reside?
- 1 Over 75% of the lost dogs that Animal Control picks up are not licensed.
- 1 Licensing assures that dogs are vaccinated for rabies which protects our community from the spread of the disease.
- 1 Licensing allows Animal Control to return lost dogs to their owners as quickly as possible.

We are here to help!
 License your dog with the Town Clerk's Office so we can help you reunite with a lost pet!
 Find registration information on www.perinton.org.

JANELLE REED
 PERINTON TOWN CLERK
 (585) 223-0770



STEVE PRINGLE
 ANIMAL CONTROL OFFICER
 (585) 223-5115

WWW.PERINTON.ORG

**Clerk's Corner:
 Dog Licenses**



Town Clerk Janelle Reed with her dog, Nala.

Hey dog owners! Did you know you have to license your pups?

New York State requires every dog over four months of age to be licensed annually by the local municipality in which they reside.

Our Town Clerk's Office issues dog licenses for residents in the Town of Perinton and the Village of Fairport. The cost is \$10/year or \$20/year if the dog isn't spayed or neutered. There is also a \$5 discount for any dog owner over the age of 65.

By licensing your dog with the Town, we are able to help identify and protect your dog if it becomes lost. Licensing also helps shelters detect missing pets, and it helps our Animal Control Officer reunite families with their pet when a dog is found. Licensing also ensures that a dog has an up-to-date rabies vaccine.

All dogs are required to have a current rabies certificate. Once a dog is licensed, the Town Clerk's office will send renewal notices each year.

For further instructions please visit perinton.org.

Janelle Reed

Janelle Reed
 Perinton Town Clerk





Progress on the Perinton Skatepark is Underway!



Perinton Park will be the home of our new skatepark – a location where families can frequent nearby businesses and restaurants and have safe access via sidewalks and the canal path.



The Perinton Skatepark is planned to be 11,000 square feet, including a bowl, street skating obstacles, and a concrete pump track.



The skatepark will attract people of all ages, abilities, and interests related to wheeled sports. This summer, Perinton Recreation will offer learn-to-skate programs at town parks, which will eventually be held at the new skatepark.



Improvements to Perinton Park will include paved pathways connecting the skatepark to existing restrooms and amenities, a new expanded parking lot, and a welcoming pedestrian entrance from 31F.



The Lower Parking Lot in Perinton Park is now closed so Town crews can mill the existing lot and prepare the space for construction, which is set to begin in July.



We hope to have families using the Perinton Skatepark by the end of the year!



Detour Planned for Portion of RS&E Trail

Scan the QR Code for a detour map.

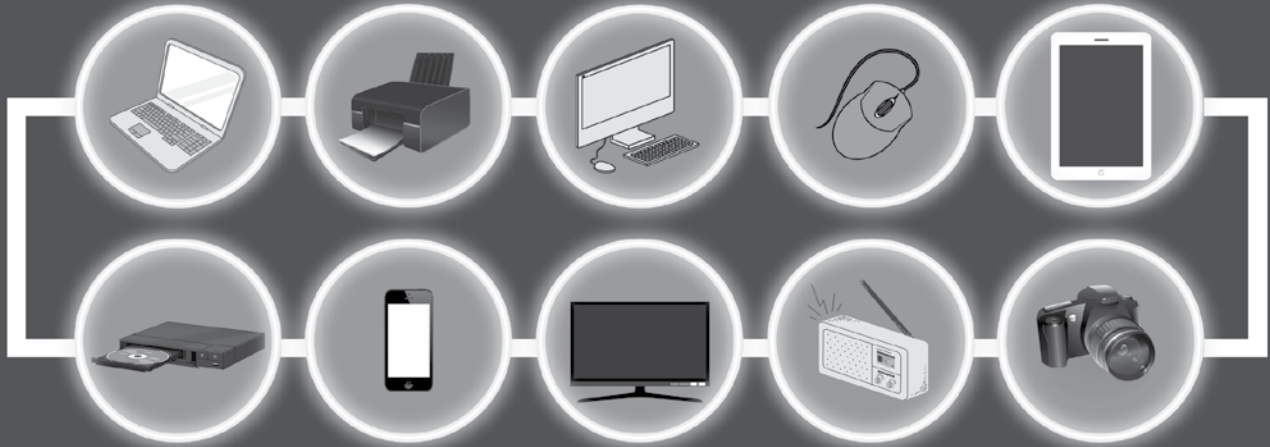


Beginning May 15, the Town of Perinton will be installing approximately 4,400 linear feet of gravity sanitary sewer along the RS&E trail between Ayrault Rd and Pebble Hill /Ledgemont Dr. This proposed sewer will eliminate an existing 50 year old pump station/force main and the corresponding rising maintenance costs associated with this aging facility. More importantly, it builds resiliency in our Town's infrastructure and enhances environmental protection near the adjacent wetlands.

Since the sewer is being constructed within the RS&E trail corridor, a portion of the trail will need to be closed during construction from approximately 1,100 feet south of the Canal Pedestrian Bridge to Ayrault Rd. A separate bike and pedestrian trail detour will be in place for the duration of the project. Please follow posted detour signs. As work progresses, the Town will evaluate when the trail can safely reopen. Please view the "Projects of Community Interest" section of our website for more information, www.perinton.org.



ELECTRONICS RECYCLING PROGRAM



Friday, June 16, 2023
11:30 AM - 3:00 PM
By Appointment Only



Perinton Public Works
100 Cobb's Lane, 14450
Phone: (585) 223-5115



The Town of Perinton offers regular electronics recycling dates to help residents properly recycle electronics. All fees are waived for Perinton residents. TVs limited to four per appointment date.

Book an appointment!
www.perinton.org



Perinton Food Shelf

most needed items

MAY 2023



- | | | |
|---------------|----------------------------------|--------------|
| Spaghetti | Canned Carrots | Canned Pears |
| Ramen Noodles | Canned Mixed Vegetables | Boxed Jello |
| Stuffing | Baked Beans (not pork and beans) | Canned Peas |
| Pancake Mix | Canned Chili | Shampoo |
| Pancake Syrup | Canned Red Beans | |
| Granola Bars | Beef Stew | |

thank you!

Please consider having a food drive this summer as stock is very low!



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



Presented by Towpath Volunteers

Fife and Drum FROM AROUND THE WORLD



Sunday, September 3, 2023

6-8 PM

Perinton Center Park
Amphitheater

OUR GUESTS:

Trommelfluit
Flanders, Belgium

Fifres Et Tambours De
Saint-Tropez, France

Gruppo Pifferi E Tamburi
Ivrea, Italy



DPW's Bostian retires after 30 years

Todd Bostian's official title for the Town of Perinton Department of Public Works is Maintenance. The 30-year veteran, who is retiring in June, could fall under any number of job categories, however.

Todd worked 10 years for the Sewer Department and 20 for the Highway Department. He has worked dispatch, he has plowed, he has worked just about every job with highways, and he is the unofficial DPW cook.

"I have been cooking for about 20 years," he said. "Whenever a big snowstorm was coming, I would get the kitchen ready and cook for the plow guys on those long shifts."

Bostian said the worst storm came one Christmas Eve and didn't end until the day after Christmas. He said DPW was working around 20-hour days. He even got his friend to open Guida's Pizza in Penfield to make everyone pizzas on Christmas.

"Big storms brought everyone together, created unity and really formed a strong bond," Todd said. "I made a lot of friends over the past 30 years. It has been a good run and I will really miss the camaraderie."

Todd was born and raised in Perinton. He played sports at Fairport High and dabbled in a few jobs after graduation, including merchandising for a liquor company. At 28, however, he had met his future wife Kelly and he knew it was time to settle down.

He heard Perinton was a great place to work and had good benefits, so he was sold.

"Todd is a fixture in Perinton and he will be missed," said Town Supervisor Ciaran Hanna. "He does a lot of different things for our departments and we also know if we need someone to help out, Todd will step forward. He has always been wonderful with all of his co-workers and the public."

Bostian is also known as one of the most sociable Town employees.

"I loved working here and getting to know a lot of different people from a lot of different departments," he said. "I have always said, it is like one big family."

He was hired in May of 1993 and two years later he married Kelly. Kelly's family owns Keenan's Funeral Home and he has always worked part-time for his in-laws.

He and Kelly have two daughters – ages 19 and 17 – who they adopted from Guatemala when the girls were young.



Rec & Park staffer Hawn honored by state

Cora Hawn, the part-time Recreation Dept. do-it-all worker, recently won the Above and Beyond the Call of Duty Award at the New York State Recreation and Parks Society ceremony.

Cora, a full-time college student studying Human Services, started at the PCC in September 2020, right in the middle of the Pandemic. She worked in the RecZone program, helping kids with school work, activities, and even cooking for them.

"Cora is like the mother of our department, yet she is one of the youngest staff," said FunZone/RecZone supervisor Mike Clark. "She always has our participants and staff's best interest in mind. During our busiest time of the year, she's asking me if I ate anything today and that I need to go on break, and I'm her supervisor. She is very compassionate and has a passion for our profession. We are lucky to have her."

She is now the FunZone leader and works as many special events and camps as possible. She is a fixture and the Pines Games at the Pines of Perinton every Summer.

Cora is studying Human Services, but loves on recreation and the interaction with kids and other residents.

"I would love to stick in rec," she said. "Rec is a form of Human Services and working with the kids has shown me just how much good you can do."

Hawn said it is the little things that she loves about the job. She worked with a girl in FunZone that was afraid to kick the kickball for six months. When she was finally able to get her to kick the ball, they threw a party for her.

"It was so great to watch her grow," Cora said.

In November of 2022, Cora won the ABCD Award for the local chapter of Genesee Valley Recreation and Park Society.



Wildlife in Perinton

INFORMATION BROUGHT TO YOU BY PERINTON ANIMAL CONTROL:

Facts About Foxes in Perinton



Foxes give birth to their young (kits) in March and April. Parents often move their young to new dens every few weeks to protect from predators.



Foxes den in burrows, wood piles, hollow trees under sheds, decks and back yard shrubs.



Keep your pets secure! Foxes are known to pursue easy food such as rabbits, birds, eggs, insects and chickens.



It is not unusual to see foxes during the day as they tend to their kits. Foxes will be active at all times of the day during the spring season.



Foxes are afraid of humans and will typically avoid them. It is important to NOT feed them, this can lead to aggressive behavior.



Foxes can carry mange - a skin disease caused by parasitic mites.



Foxes can carry mange - a skin disease caused by parasitic mites.

Facts About Turtles in Perinton



"GIVE 'EM A BRAKE"



If you see a turtle in the road, do not swerve suddenly or leave your lane of travel, but take care to avoid hitting them. "Give turtles a brake".



Be on the lookout for turtles and slow down, especially on roads near creeks and marshy areas.



If you see a turtle in the road and you can safely stop your vehicle to approach the turtle, please consider moving it to the shoulder on the side of the road in the direction it is facing.



Most turtles, other than snapping turtles, can be picked up by its sides of its shell. DO NOT pick a turtle up by its tail.



Please use extreme caution if approaching snapping turtles by letting them finish crossing the road.



If it is necessary to help the turtle, pick the turtle at the rear of the shell near the tail using both hands or slide a car mat under the turtle to drag it safely across the road.

Facts About Baby Deer in Perinton



If you care, leave them there.



Females will seek out places very close to homes (often next to foundations) to birth and place their fawns, in the months of May and June.



These areas have been carefully chosen to have minimal human disturbance, no dogs, and a low likelihood of a predator passing through.

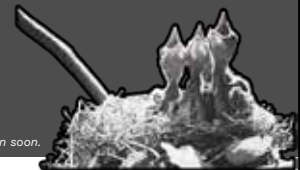


Fawns will be left in the safe spot for up to two (2) days. The mother will go off and feed, leaving her fawn(s) in the safe spot. Mother often returns in the night to feed the fawn.



Please, if your spot a fawn, observe from a safe distance and leave alone. Mother will not return with human presence.

Facts About Fledglings in Perinton



Leave us where you found us. We will be flying on our own soon.



A bird is in the fledging stage if it has feathers and can hop or attempt to fly. It may appear helpless at times, but this is all a normal aspect of learning to fly.



If you observe a baby bird stumbling on the ground, hardly able to fly, possibly wailing for its mother, leave them there. They are most likely not orphans and are being cared after by their parents.



As heartbreaking as it may seem, you are not abandoning the newborn bird, it's best chance of survival is always with its parents. They will ensure that the youngster is nourished and sheltered during this difficult stage, which usually lasts only a few days.



You may help safeguard the fledglings by keeping cats indoors and encourage your neighbors to do the same.

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.

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.

DID YOU KNOW?

- 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.H2OHero.org or www.perinton.org.



**2023 TOWN ROAD PROGRAM STATS:
21 MILES OF SURFACE TREATMENT & 4.5 MILES OF MILL & PAVE**

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.





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

YARD WASTE & LANDSCAPE DEBRIS:

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



Stone, dirt,
concrete, and
asphalt.



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

- 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



WHAT TO DO WITH DIFFICULT MATERIAL:

- Railroad Ties, Utility Poles:
Alpco Recycling (800) 706-9449/(315) 986-8900
- Electronic Waste:
Electronics Recycling; Call DPW 585-223-5115
- Grass Clippings:
Recommend Composting, or Alpco Recycling
- Household Hazardous Waste:
Ecopark - www.monroecounty.gov/ecopark

ITEMS COLLECTED BY PRIVATE TRASH HAULERS ONLY:

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

- HOUSEHOLD GARBAGE**
- CURBSIDE RECYCLING** →
- BUILDING MATERIALS**
(DRYWALL, ROOFING, LUMBER, ETC.)
- WOOD FENCING, CABINETS, LADDERS, ETC.**
- FURNITURE, MATTRESSES, CARPETING**
- TOILETS, SINKS, HOT TUBS**

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

**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 litter a 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
lines.



KEEP CLEAN AND GO GREEN

Use environmentally safe
cleaning products, such as those
that have the EPA Safer Choice
label, instead of harsh
detergents or cleaners that can
damage sewer lines.



Ciaran Hanna
Town Supervisor

PERINTON PUBLIC WORKS WWW.PERINTON.ORG

Spotlight: Adrian Luh, Egypt Firefighter



Adrian Luh didn't plan on being a firefighter and he didn't go to school to be a firefighter. But the 8-year Egypt volunteer firefighter absolutely loves it.

"I really enjoy it," he said. "I'm not looking to make a career of it. I just find it is a great balance for me to use my professional skill set to give back to the community."

Adrian is a Product Marketing Manager for Pharos, a software company based in West Henrietta. He grew up in Connecticut, and moved to Fairport in 2007 shortly after graduating with his Master's degree from Purdue University.

While working for L3Harris in 2015, Adrian was inspired to become a volunteer firefighter after spending several days riding along with first responders and watching them train at an event the company was sponsoring. He saw firsthand the positive impact first responders have on their communities. Afterwards, he started asking his next-door neighbor, past Chief Dale Olson, about the Egypt Fire Department to learn more.

"On a day-to-day basis, it's great to give back to my community," he said. "It's a really good feeling knowing that you were able to help someone when they're having a really bad day. I have also met a lot of great people and built some really good friendships along the way."

He also loves that he can be a good role model for his two middle-school age daughters, hoping this teaches them the importance of giving back to their community.

Adrian said between training, emergency calls, and various committees, he probably averages about 4-5 volunteer hours a week. He has developed basic EMS skills, learned different fire strategies and tactics, and even honed his interpersonal communication skills.

Luh encourages everyone interested in being a firefighter to give it a shot.

"Don't let inexperience stop you," the 42-year-old said. "Most of us had zero firefighting experience prior to joining. It will take commitment and hard work on your part, but it is such a rewarding experience. We'll be there for you and provide you with the gear and all the training that you need. We'll be committed to your development—it's the only way we can ensure that we can continue to effectively serve and protect our community."

How to Volunteer

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

Qualifications for Membership:

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

Roles and Responsibilities

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

Fairport Fire Department

Email: volunteer@fairportfd.org
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

Bicyclists loved a trip to Perinton



Bill Poray
Town Historian

Each year, many hundreds of bicyclists arrive in Perinton as participants in the annual Cycle the Erie Canal bike tour. The eight-day tour begins in Buffalo and concludes in Albany, with daily rides from 28 to 62 miles. You may be surprised to learn that these tours are not the largest crowd of cyclists to ever descend upon our community.



In September of 1896, an enormous throng of riders departed from Rochester, precisely where the Liberty Pole resides today. The event was planned to celebrate the opening of a new bicycle “side path,” as it was called, from the city to the Village of Fairport, a total of about 10 miles. The cinder path, funded by private citizens and members of bicycle clubs, was adjacent to two established roads – East Avenue and the Rochester Road, called Fairport Road today. The necessity of a dedicated path for bicycles was due in large part to the horrific condition of the roads, which at the time were little more than deeply rutted, muddy trails.

Bicycling was enormously popular in the last decade of the 19th century. Men, women and children were all participants in the liberating pastime. The 1896 ride from Rochester to Fairport was documented in the newspapers of the area, with one headline trumpeting, “City Wheelman Capture Fairport.” It was estimated as many as 1,000 riders participated. Residents along East Avenue assembled and cheered as the cyclists passed by. A Perinton farmer posted a handmade sign near the side path encouraging riders to stop and enjoy a glass of milk, for a small fee.

Although the route was relatively flat for most of the 10 miles, riders found the steep approach to the canal bridge at Fairport Road a bit challenging. According to newspaper accounts, State Assemblyman Armstrong, the leading dignitary of the ride, “took a swift start, and by much puffing succeeded in reaching the bridge with a glow on his face that would do honor to an Irish comedian.”

After crossing the bridge, the visitors were escorted to the heart of the Village by the DeLand Fire Company Band as well as the Fairport Wheelmen bicycle club. Refreshments, including doughnuts, lemonade, and fruit were served. Next came a handful of speeches, including one by State Assemblyman Armstrong, who proclaimed, “Someday we are going to annex Fairport to Rochester, but until such time we will send 10 riders over your path for every one you send us.”

After a quick tour of the village, the bicyclists began their ride back to Rochester. Those with less energy placed their bicycles on the next westbound train and rode the rails back to the city.

WebTrac Information

Save time and register for programs and park shelters (not buildings) online! Register directly on the site <https://webtrac.perinton.org>. Under the "Member Login" section, please click on the "Need an account?" link. All you need to do is fill out the required information. This information will be sent to recreation staff and they will review and confirm the account. Once the account is confirmed, you will receive an email stating that your account is now active. Please register for WebTrac prior to the first day of registration to ensure your account is active.

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

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



For more information, call the Perinton Recreation and Parks Department at 223-5050.

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

Stay Connected!

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

 **Perinton Recreation and Parks**

 **@PerintonRec**

 **#PerintonRec**

QUICK REFERENCE

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

Holidays:

Tuesday, July 4, Fourth of July (PCC Closed)
 Monday, September 4, Labor Day (PCC Closed)

What's New For **SUMMER**

Special Events

An Evening with Genesee Valley Orchestra and Chorus

Youth Camps

- Gaga for Ninjas
- Gym & Gymnastics
- Magic, Balloon Twisting & Bubble Camp
- Slime Week Summer Camp
- Sports Ninjas
- Superfriends Camp

Skill Development Camps

Half Day Youth Fencing Camp

Preschool

- Pop Star Academy Dance Camp
- Prince and Princess Training Camp
- Summer Sporty Tots
- Tots 2 Tumble
- Tummy Time Fun
- Under the Sea Mermaids and Mermen Dance Camp

Youth and Teen

- Beginner Skateboarding
- Pop Star Academy Dance Camp
- Prince and Princess Training Camp
- Under the Sea Mermaids and Mermen Dance Camp

Aquatics

- Introduction to Artistic Swimming Clinic

Adult

- Advanced Manners
- Beginner Pickleball Clinic
- Beginner Skateboarding
- Birches on Double Canvas - Acrylic Painting Class
- Colored Pencil Drawing - Botanicals - Beginners
- Dog Enrichment: Tricks and Brain Games
- Reliable Recalls
- Seated Ballet
- Sunflower on Canvas - Acrylic Painting Class



SPECIAL EVENTS

SPECIAL EVENTS

Register early to avoid program cancellation due to low enrollment.
SAVE THE DATE!!

Saturday	June 3	22nd Annual Fishing Derby
Tuesday	June 13	An Evening with Genesee Valley Orchestra and Chorus
Thursday	July 20	Family Dance Night
Saturday	August 5	Perinton Youth Triathlon
Friday	September 22	Outdoor Movie Night

22nd Annual Fishing Derby

Ages: 6-15 years
 Boys and girls, grab a fishing pole, bring your favorite bait and join us in Perinton Park for a fishing derby. This 'kids only' catch and release tournament will feature fishing, prize giveaways and food for participants! Ask an adult to accompany you for a 'reely' fun morning of fishing. (Bring your own pole and bait.) Sponsored by the Knights of Columbus.

Location: Perinton Park Shelter, 99 O'Connor Road

Date: **Code: 225210-A** Sat., 6/3 9:00-11:00 AM (1 class) Res \$12, Non-Res \$14

NEW!! An Evening with Genesee Valley Orchestra and Chorus

Ages: Open to families
 With gratitude to still be making music together, the Genesee Valley Orchestra and Chorus will present 'A Whole New World' concert featuring movements from Faure's Requiem, Beethoven's Symphony No. 1, Grieg's Peer Gynt, alongside some pop, movie and musical tunes. GVOC is passionate and happy to present you a concert with both classical favorites and contemporary favorites such as 'Over the Rainbow' and 'A Whole New World'. Please come join us for a great evening of music.

Location: Center Park Amphitheater

Date: Tu., 6/13 7:00-8:15 PM No charge
Not available on WebTrac.

Family Dance Night!

Ages: Open to families
 Parents! Join me, DJ Mella, once again for another awesome night of fun and dancing! Grab your dancing shoes and bring the whole family while we dance to family friendly, fun and upbeat music!

Location: PCC

Date: **Code: 365833-A** Th., 7/20 6:30-8:30 PM (1 class) Res \$7 per person or \$32 for family of 5 or more. Non-Res \$8 per person or \$35 for family of 5 or more. Children under 2, free with 1 paying adult. Enroll all family members that will be attending.
Not available on WebTrac.



Perinton Youth Triathlon

Be part of the 11th 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 lunch 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. This event is presented by Towpath Bike.

Location: Center Park

Date: Sat., 8/5 9:00 AM \$32.
Not available on WebTrac.

Outdoor Movie Night at Center Park

Ages: Open to families
 Join us to watch *Super Mario Bros.* to celebrate the start of a great school year! This event is organized by the PTAs of Brooks Hill, Dudley, Jefferson Avenue and Northside Schools, along with the Town of Perinton. Tickets need to be reserved so we can adequately plan for the facilities, vendors and parking. Pre-event activities will start at 6:00 PM including a variety of outdoor games. The Lions Club and Sugary Delights will be present to purchase dinner while watching the movie. Be sure to bring your own chairs, blankets and snacks. <https://www.eventbrite.com/e/outdoor-movie-night-movie-choice-tickets-611375790447>

Location: Center Park Amphitheater

Date: F., 9/22 7:00 PM No charge
Not available on WebTrac.



Story Walk

Say Something By Peter H. Reynolds

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

This book begins, "The world needs your voice," and then goes on to suggest ways for readers to express themselves. Sometimes that means talking, like saying "Stop!" if you see someone getting hurt, or telling people why you are angry. Other times, you can express yourself with painting, planting seeds or having your own sense of style. It may seem like no one is listening, but if you keep speaking from the heart, you will find someone, and you may be surprised to find the whole world is listening. Everyone has something to say!

Author and illustrator Peter H. Reynolds has written numerous children's books with a message delivered in a humorous and gentle way by a diverse cast of characters.

Story Walk is displayed outside along the path behind the Amphitheater in Center Park West.

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 1/2 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.

Sunday June 11 1:30 PM

Village Historical Hike with Bill Poray (Town Historian). Meet in the parking lot behind the Fairport Village Hall.

Sunday July 9 1:30 PM

BioBliz "Kids" Event with Seneca Park Zoo Naturalists. Meet at the Southeast parking lot on Perinton Parkway (Frog Pond Loop parking lot).

Saturday August 12 9:00 PM

Stargazing Hike with Astronomy Expert. Meet at White Brook Nature Area parking lot. **Note:** Saturday, Sept. 16 is the backup date in case of clouds.

Sunday August 13 1:30 PM

Tryon Park Hike. Meet at 230 Tryon Park, just east of Rt. 590.

Sunday September 10 1:30 PM

Grandparents Hike with Fairy Houses. Meet in the Center Park West parking lot.

Note: For events with incomplete information (with TBDs), please check our website crescenttrail.org/monthly-guided-hikes or Facebook for detailed updates closer to the event.

TENNIS COURTS

Public Court Time - Lit Tennis Courts are open and available at no charge for your enjoyment. Courts are located at:

Fellows Road Park (4)
Kreag Road Park (2)
Perinton Park (6)
Potter Park (2)

Hours:
8:00 AM-10:00 PM



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

Courts are located at: Fellows Road Park (6)

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



SUMMER DAY CAMP PROGRAM

Summer Day Camp

Register early to avoid program cancellation due to low enrollment.

Pre-registration at the Perinton Community Center is required and the number of registrants at each site may be limited. **No on-site registration will be held at the individual parks.** Registration fee will not be pro-rated or refunded for missed days.

2023 Summer Day Camp Program volunteer applications are now being accepted. Space is limited. Due to New York State Department of Health regulations, volunteers must be at least 15 years of age by the start of the program. A letter will be sent to all potential volunteers with information on a mandatory meeting in June.

The Summer Day Camp Program is a certified day camp by the New York State Department of Health. We are required to have up-to-date vaccination records on file for all participants. Please bring these to the Perinton Community Center or email to mclark@perinton.org or smooney@perinton.org prior to the program beginning.

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

DAY CAMP SITES

Fellows Road Park, Potter Park, Jefferson Avenue School

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

Schedule is subject to change.

Times: 9:00 AM-4:00 PM

8:00 AM-5:00 PM (Early Drop Off/Late Pick Up, Fellows Road and Potter Park ONLY)

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

Multiple kids? Families with two or more children signing up for the same week receive 20% off each additional child.



Summer Day Camp Schedule

*** Kona Ice will visit each site weekly on Wednesday afternoons. (Schedule subject to change)**

Week 1: 6/26-6/30	Superheroes	
Field Trip: Ice Skating at Bill Gray's Iceplex		
Fellows Road Park	325799-AA	FULL
* Early Drop Off/Late Pick Up	325799-AB	FULL
Potter Park	325799-AC	FULL
* Early Drop Off/Late Pick Up	325799-AD	FULL
Jefferson Avenue School	325799-AE	Res \$144, Non-Res \$154

Week 2: 7/3-7/7 (ex. 7/4)	Summer Safari	
Field Trip: Seneca Park Zoo		
Fellows Road Park	325799-BA	FULL
* Early Drop Off/Late Pick Up	325799-BB	FULL
Potter Park	325799-BC	FULL
* Early Drop Off/Late Pick Up	325799-BD	FULL
Jefferson Avenue School	325799-BE	Res \$115, Non-Res \$125

Week 3: 7/10-7/14	Disney Week	
Field Trip: Bowling at AMF Fairport		
Fellows Road Park	325799-CA	FULL
* Early Drop Off/Late Pick Up	325799-CB	FULL
Potter Park	325799-CC	FULL
* Early Drop Off/Late Pick Up	325799-CD	FULL
Jefferson Avenue School	325799-CE	FULL

Week 4: 7/17-7/21	Take Me Out to the Ballgame	
Field Trip: Red Wings Camp Day Game		
Fellows Road Park	325799-DA	FULL
* Early Drop Off/Late Pick Up	325799-DB	FULL
Potter Park	325799-DC	FULL
* Early Drop Off/Late Pick Up	325799-DD	FULL
Jefferson Avenue School	325799-DE	FULL

Week 5: 7/24-7/28	Under the Big Top	
Field Trip: Roc City Circus		
Fellows Road Park	325799-EA	FULL
* Early Drop Off/Late Pick Up	325799-EB	FULL
Potter Park	325799-EC	FULL
* Early Drop Off/Late Pick Up	325799-ED	FULL
Jefferson Avenue School	325799-EE	FULL

Week 6: 7/31-8/4	Tropical Week	
Field Trip: Clubhouse Fun Center		
Fellows Road Park	325799-FA	FULL
* Early Drop Off/Late Pick Up	325799-FB	FULL
Potter Park	325799-FC	FULL
* Early Drop Off/Late Pick Up	325799-FD	FULL
Jefferson Avenue School	325799-FE	FULL

Week 7: 8/7-8/11	Whacky Water Week	
Field Trip: Wickham Farms		
Potter Park	325799-GA	FULL
* Early Drop Off/Late Pick Up	325799-GB	FULL

Week 8: 8/14-8/18	World Cup	
Field Trip: Soccer Clinic with FCU		
Potter Park	325799-HA	FULL
* Early Drop Off/Late Pick Up	325799-HB	FULL

Register early to avoid program cancellation due to low enrollment.

Creative Artists: “Studio Art 101”

Ages: 8-13 years
 Join me for a fun, four-day drawing class! Here’s a chance to up your game and learn all the basic techniques of drawing while meeting the masters from art history! This class is taught by a NYS certified art teacher. All materials included.

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 312905-A** M.-Th., 7/10-7/13 10:00-11:30 AM (4 classes)
 Res \$80, Non-Res \$88

First Lego League Robotics Intro

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

Instructor: Fairport Robotics Team
Location: PCC
Date: **Code: 322706-A** W., 8/2 6:00-7:30 PM (1 class) No charge

NEW!! Gaga for Ninjas

Ages: 5-10 years
 This week climb our walls, not yours! Whether you’re a ninja warrior in the making or a running club kid, you will have fun learning all the safe ways to climb, tumble and be agile for playing in the Gaga-pit! Never tried Gaga? It’s pure energy and agility-fun! Mini-tramp, running games and bouncy mats will help you grow strong all day long with your new skills!

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 316818-A** Tu.-F., 8/22-8/25 10:55-11:45 AM (4 classes)
 Res \$79, Non-Res \$87

NEW!! Gym & Gymnastics

Ages: 4-9 years
 Tumbling, parkour, even cheerleading all start with strong gymnastics skills! From handstands to handsprings, try tricks on all the events 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! Upside down or right side up, too much fun to miss!

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 335827-A** Tu.-F., 8/22-8/25 10:00-10:50 AM (4 classes)
 Res \$79, Non-Res \$87

Lil’ Athletes

Ages: 5-6 years
 Attention 5-6 year olds! Come play all sorts of sports (golf, hockey, tennis, soccer, basketball and more) that promote the development of gross motor skills, following directions, self-confidence, and social interaction in a safe and non-competitive environment. Come join the team!

Instructor: Lisa Magliato
Location: PCC
Dates: **Code: 311819-C** Tu., 8/1-8/29 9:30-10:15 AM (5 classes)
 Res \$79, Non-Res \$87



Lil’ Future Athletes

Ages: 3-4 years
 This multi-sports program is designed for 3-4 year olds. Lil’ Future Athletes incorporates sports of all sorts (golf, hockey, tennis, soccer, basketball, and more) which promote the development of gross motor skills, following directions, self-confidence, and social interaction in a safe and non-competitive environment. Come join the team!

Instructor: Lisa Magliato
Location: PCC
Dates: **Code: 311819-D** Tu., 8/1-8/29 10:30-11:15 AM (5 classes)
 Res \$79, Non-Res \$87

Little Hands, Little Artists: “Room to Bloom in Art”

Ages: 6-10 years
 In this fun 4-day art class, you will enjoy learning new skills in drawing, painting, and working with clay to create sculptures! This class is taught by a NYS certified art teacher. All materials included.

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 312904-A** M.-Th., 7/24-7/27 9:00 AM-12:00 PM (4 classes)
 Res \$175, Non-Res \$185

NEW!! Magic, Balloon Twisting & Bubble Camp

Ages: 5-12 years
 Rich, the Magic Man, Rochester’s busiest magician will teach your child the secrets of Magic and Balloon twisting, one of the coolest skills you will learn as well! The campers keep ALL the magic tricks and all of their balloon sculptures. ALL kids love bubbles. Learn many different techniques. This camp will improve your child’s self-confidence, self-esteem and fine motor skills.

Instructor: Rich Stein
Location: PCC
Dates: **Code: 335817-A** M.-Th., 7/31-8/3 1:00-2:30 PM (4 classes)
 Res \$90, Non-Res \$99

YOUTH CAMPS

Nature Explorers

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

Instructors: Karen Barriault & Staff
Location: White Brook Nature Area, 250 Aldrich Road
Dates: **Code: 325245-C** FULL

Nature Explorers Too

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

Instructors: Karen Barriault & Staff
Location: White Brook Nature Area, 250 Aldrich Road
Dates: **Code: 325245-A** FULL
Code: 325245-B FULL
Code: 325245-D M.-F., 8/14-8/18 (ex. 8/15) 9:00 AM-2:30 PM (4 classes) Res \$124, Non-Res \$134

Pre-K Hooray!

Ages: 4-5 years
It's summer, come join the fun! We'll have guests visit, enjoy arts and crafts, play outdoors, play games, be creative and make new friends! Snack is provided.

Instructors: Sue Nichols & Cora Hawn
Location: PCC
Dates: **Welcome to the Zoo**
Code: 315818-A FULL
Let's Enjoy the Seasons
Code: 315818-B M.-F., 7/3-7/7 (ex. 7/4) 9:30-11:30 AM (4 classes) Res \$64, Non-Res \$70
Camping Fun
Code: 315818-C FULL
Under the Sea
Code: 315818-D M.-F., 7/17-7/21 9:30-11:30 AM (5 classes) Res \$80, Non-Res \$88
Fairytale Land
Code: 315818-E FULL
Character Camp
Code: 315818-F FULL

Ready, Set, Kindergarten!

Ages: Entering Kindergarten in Fall 2023
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, you child will feel prepared to start his/her Kindergarten journey! This class is specifically for students entering Kindergarten this fall. Please do not register your child if they will not be entering Kindergarten this fall.

Instructors: MaryBeth Foote & Lora Pepper
Location: PCC
Dates: **Code: 322711-A** FULL
Code: 322711-B M.-F., 7/24-7/28 12:30-3:00 PM (5 classes) Res \$150, Non-Res \$160

NEW!! Slime Week Summer Camp

Grades: 1-6
It's slime time as we spend a week with students to create new slime recipes that are only limited to your imagination! Our popular Slime Week teaches students the basics of how to make their own slime, and then shows students some of the most popular and trending slime recipes. Some of the slime is even edible! Come check out this camp where kids can leave their mess here!

Instructor: Fun 4 All Instructor
Location: PCC
Dates: **Code: 322708-A** M.-Th., 8/7-8/10 9:00 AM-1:00 PM (4 classes) Res \$208, Non-Res \$218



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

STEM Explorers

Grades: 1-6 (entering in Fall 2023)
Come explore STEM based principles with the Fairport Robotics Team 578 and their Coaches. We will do lots of hands-on (and possibly messy) learning experiments to expand your young scientists' minds. Each session will highlight different activities and concepts. Sign up for one, two or all three sessions.

Instructor: Fairport Robotics Team
Location: PCC
Dates: **Grades 1-3**
Code: 322707-A FULL
Code: 322707-B FULL
Code: 322707-C FULL
Grades 4-6
Code: 322707-D M., 7/10 7:15-8:15 PM (1 class) No charge
Code: 322707-E Tu., 7/18 7:15-8:15 PM (1 class) No charge
Code: 322707-F W., 7/26 7:15-8:15 PM (1 class) No charge

Summer Horse Camp

Ages: 7 years and over
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. Come join us for our summer camp.

Instructor: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 325702-A** FULL
Code: 325702-B FULL

Summer Pool Camp Program

Ages: 6-14 years
If you love the water, you will love this day camp! Held at the Community Center, kids will have a swim lessons 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.

Instructors: Aquatic Center Staff
Location: PCC
Dates: **Code: 323326-A** FULL
Code: 323326-B FULL
Code: 323326-C FULL
Code: 323326-D FULL
Code: 323326-E FULL
Code: 323326-F FULL
Code: 323326-G FULL

Summer Theatre Camp

Ages: 5-14 years
This two-week 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! We'll also be focusing on creating sets, props, and costumes throughout the day.

- 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 will stay through on Performance Days.
- Campers should wear comfortable clothing and shoes that permit movement and dancing.

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

Roald Dahl's Willy Wonka JR.

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

Performances - 7/6 (4 PM & 6 PM) & 7/7 (4 PM & 6 PM)

Ages: **8-14 years**
Code: 325232-A M.-F., 6/26-7/7 (ex. 7/4) 9:00 AM-3:30 PM (9 classes) Res \$350, Non-Res \$360
Code: 325232-AA M.-F., 6/26-7/7 (ex. 7/4) 8:00 AM-5:00 PM (9 classes) Res \$450, Non-Res \$460

Ages: **5-7 years**
Code: 325232-B M.-F., 6/26-7/7 (ex. 7/4) 9:00-11:30 AM (9 classes) Res \$175, Non-Res \$185
Code: 325232-BB M.-F., 6/26-7/7 (ex. 7/4) 9:00 AM-3:30 PM (9 classes) Res \$275, Non-Res \$285
Code: 325232-BBB M.-F., 6/26-7/7 (ex. 7/4) 8:00 AM-5:00 PM (9 classes) Res \$375, Non-Res \$385

Shrek the Musical JR.

Once upon a time, in a far away swamp, there lived an Ogre named Shrek. One day, Shrek finds his swamp invaded by banished fairytale misfits who have been cast off by Lord Farquaad, a tiny terror with big ambitions. When Shrek sets off with a wisecracking donkey to confront Farquaad, he's handed a task - if he rescues feisty princess Fiona, his swamp will be righted. Shrek tries to win Fiona's love and vanquish Lord Farquaad, but a fairytale wouldn't be complete without a few twists and turns along the way.

Performances - 7/20 (4 PM & 6 PM) & 7/21 (4 PM & 6 PM)

Ages: **8-14 years**
Code: 325232-C M.-F., 7/10-7/21 9:00 AM-3:30 PM (10 classes) Res \$400, Non-Res \$410
Code: 325232-CC M.-F., 7/10-7/21 8:00 AM-5:00 PM (10 classes) Res \$500, Non-Res \$510

Ages: **5-7 years**
Code: 325232-D M.-F., 7/10-7/21 9:00-11:30 AM (10 classes) Res \$200, Non-Res \$210
Code: 325232-DD M.-F., 7/10-7/21 9:00 AM-3:30 PM (10 classes) Res \$300, Non-Res \$310
Code: 325232-DDD M.-F., 7/10-7/21 8:00 AM-5:00 PM (10 classes) Res \$400, Non-Res \$410

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

YOUTH CAMPS

Disney's 101 Dalmatians KIDS

Pet owners Roger and Anita live happily in London with their Dalmatians, Pongo and Perdita, stalwart dogs devoted to raising their puppies. Everything is quiet until Anita's former classmate, the monstrous Cruella DeVil, plots to steal the puppies for her new fur coat. The Dalmatians rally all the dogs of London for a daring rescue of the puppies from Cruella and her bumbling henchmen. Performances - 8/3 (4 PM & 6 PM) & 8/4 (4 PM & 6 PM)

Ages: **8-14 years**

Code: 325232-E M.-F., 7/24-8/4 9:00 AM-3:30 PM (10 classes)
Res \$400, Non-Res \$410

Code: 325232-EE M.-F., 7/24-8/4 8:00 AM-5:00 PM (10 classes)
Res \$500, Non-Res \$510

Ages: **5-7 years**

Code: 325232-F M.-F., 7/24-8/4 9:00-11:30 AM (10 classes)
Res \$200, Non-Res \$210

Code: 325232-FF M.-F., 7/24-8/4 9:00 AM-3:30 PM (10 classes)
Res \$300, Non-Res \$310

Code: 325232-FFF M.-F., 7/24-8/4 8:00 AM-5:00 PM (10 classes)
Res \$400, Non-Res \$410

Madagascar – A Musical Adventure JR.

Alex the lion is the king of the urban jungle, the main attraction at New York's Central Park Zoo. He and his best friends, Marty the zebra, Melman the giraffe and Gloria the hippo, have spent their whole lives in blissful captivity before an admiring public and with regular meals provided for them. Not content to leave well enough alone, Marty lets his curiosity get the better of him and makes his escape - with the help of some prodigious penguins - to explore the world. Performances - 8/17 (4 PM & 6 PM) & 8/18 (4 PM & 6 PM)

Ages: **8-14 years**

Code: 325232-G M.-F., 8/7-8/18 9:00 AM-3:30 PM (10 classes)
Res \$400, Non-Res \$410

Code: 325232-GG M.-F., 8/7-8/18 8:00 AM-5:00 PM (10 classes)
Res \$500, Non-Res \$510

Ages: **5-7 years**

Code: 325232-H M.-F., 8/7-8/18 9:00-11:30 AM (10 classes)
Res \$200, Non-Res \$210

Code: 325232-HH M.-F., 8/7-8/18 9:00 AM-3:30 PM (10 classes)
Res \$300, Non-Res \$310

Code: 325232-HHH M.-F., 8/7-8/18 8:00 AM-5:00 PM (10 classes)
Res \$400, Non-Res \$410

Disney's Moana JR.

This thrilling and heartwarming coming-of-age story follows the strong-willed Moana as she sets sail across the Pacific to save her village and discover the truth about her heritage. Moana and the legendary demigod Maui embark on an epic journey of self-discovery and camaraderie as both learn to harness the power that lies within. With empowering messages of bravery and selflessness, Moana JR. is sure to bring out the hero within each of us. Performances - 8/31 (4 PM & 6 PM) & 9/1 (4 PM & 6 PM)

Ages: **8-14 years**

Code: 325232-I M.-F., 8/21-9/1 9:00 AM-3:30 PM (10 classes)
Res \$400, Non-Res \$410

Code: 325232-II M.-F., 8/21-9/1 8:00 AM-5:00 PM (10 classes)
Res \$500, Non-Res \$510

Ages: **5-7 years**

Code: 325232-J M.-F., 8/21-9/1 9:00-11:30 AM (10 classes)
Res \$200, Non-Res \$210

Code: 325232-JJ M.-F., 8/21-9/1 9:00 AM-3:30 PM (10 classes)
Res \$300, Non-Res \$310

Code: 325232-JJJ M.-F., 8/21-9/1 8:00 AM-5:00 PM (10 classes)
Res \$400, Non-Res \$410

NEW!! Superfriends Camp

Ages: 4-8 years

Knock down a castle as tall as you and build a bigger one that you can go through. Dress up or not, whichever you prefer for the adventure and fun that is going to occur! Join other superheroes and princesses to solve riddles, follow clues and use all the fun gym equipment to create a fun space for your fantastic friends! Please wear sneakers.

Instructor: Mary Slaughter

Location: PCC

Dates: **Code: 328861-A** W.-F., 8/16-8/18 9:45-10:30 AM (3 classes)
Res \$59, Non-Res \$65

NEW!! Sports Ninjas

Ages: 4-8 years

If you aspire to play all kinds of sports, then you will want some ninja training! Improve agility and strength with all the ninja challenges! Learn and reinforce good throwing, kicking and catching techniques with obstacle courses that use your speed plus basketballs, soccer and lacrosse skills too! All friendly fun with NYSCA certified Coach Mary to empower sports ninjas and grow their confidence too!

Instructor: Mary Slaughter

Location: PCC

Dates: **Code: 316818-B** W.-F., 8/16-8/18 10:30-11:15 AM (3 classes)
Res \$59, Non-Res \$65

Wee Nature Explorers

Ages: 3-5 years

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

Instructors: Karen Barriault & Staff

Location: White Brook Nature Area, 250 Aldrich Road

Dates: **Code: 315215-A** FULL

Code: 315215-B M.-F., 7/3-7/7 (ex. 7/4) 9:30-11:30 AM (4 classes) Res \$95, Non-Res \$105

Code: 315215-C FULL

Code: 315215-D FULL

Young Nature Explorers

Ages: 5-7 years

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

Instructors: Karen Barriault & Staff

Location: White Brook Nature Area, 250 Aldrich Road

Dates: **Code: 325215-A** M.-F., 6/26-6/30 1:00-3:30 PM (5 classes)
Res \$120, Non-Res \$130

Code: 325215-B M.-F., 7/3-7/7 (ex. 7/4) 1:00-3:30 PM (4 classes)
Res \$100, Non-Res \$110

Code: 325215-C M.-F., 7/10-7/14 1:00-3:30 PM (5 classes)
Res \$120, Non-Res \$130

Code: 325215-D M.-F., 7/17-7/21 1:00-3:30 PM (5 classes)
Res \$120, Non-Res \$130

SKILL DEVELOPMENT

Register early to avoid program cancellation due to low enrollment.

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

Fairport Basketball Camps

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

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

Dates: **6-7 years**
Code: 325302-A M.-F., 7/10-7/14 8:00-10:30 AM (5 classes) Res \$190, Non-Res \$200

8-9 years
Code: 325302-B M.-F., 7/10-7/14 8:00-10:30 AM (5 classes) Res \$190, Non-Res \$200

10 years
Code: 325302-C M.-F., 7/10-7/14 11:00 AM-1:30 PM (5 classes) Res \$190, Non-Res \$200

11-12 years
Code: 325302-D M.-F., 7/10-7/14 11:00 AM-1:30 PM (5 classes) Res \$190, Non-Res \$200

Grades 7-8
Code: 325302-E M.-F., 7/10-7/14 2:00-4:30 PM (5 classes) Res \$190, Non-Res \$200

Grade 9
Code: 325302-F M.-F., 7/10-7/14 2:00-4:30 PM (5 classes) Res \$190, Non-Res \$200



Fairport Girls Basketball Camp

Grades: 3-12
 This week-long camp is taught with an emphasis on skill development and having fun! Camp will consist of daily fundamentals such as shooting, dribbling and passing, as well as team basic offensive and defensive concepts, such as proper footwork and positioning. Contests, tournaments and game play will be provided every day. All players should bring a ball and water.

Instructor: Patrick Muldowney
Location: Martha Brown

Dates: **Grades 3-5**
Code: 335301-A M.-F., 7/17-7/21 8:00-10:00 AM (5 classes) Res \$110, Non-Res \$120

Grades 6-8
Code: 335301-B M.-F., 7/17-7/21 10:30 AM-1:00 PM (5 classes) Res \$130, Non-Res \$140

Grades 9-12
Code: 335301-C M.-F., 7/17-7/21 2:00-5:00 PM (5 classes) Res \$150, Non-Res \$160

Fairport Girls Basketball Shooting Skills Camp

Grades: 6-12
 This week-long camp is taught with an emphasis on skill development. Camp will consist of daily fundamentals including dribbling and shooting, as well as teach basic offensive and defensive strategies, 1-on-1 moves and positioning. All players should bring a ball and water.

Instructor: Patrick Muldowney
Location: Martha Brown

Dates: **Grades 6-8**
Code: 335301-D M.-F., 7/24-7/28 9:00 AM-12:00 PM (5 classes) Res \$150, Non-Res \$160

Grades 9-12
Code: 335301-E M.-F., 7/24-7/28 1:00-4:00 PM (5 classes) Res \$150, Non-Res \$160

Flag Rugby-Co-Ed

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

Instructor: Neil Lawther
Location: Egypt Park

Dates: **Code: 225314-D** W., 6/28-8/9 (ex. 7/5) 6:00-7:00 PM (6 classes) Res \$30, Non-Res \$33

Frisbee Games

Ages: 8-12 years
 Spend a week enjoying the many games you can play with Frisbees, including Ultimate Frisbee, Frisbee Golf, Can Jam, Fri-bocce and more. Here's your chance to develop various throwing and catching techniques, discover key strategies for each game, and most importantly, have fun outdoors! Bring your favorite Frisbee, if you have one, and a water bottle. Sneakers required.

Instructor: Bill Maier
Location: Center Park West

Dates: **Code: 325315-A** M.-F., 7/17-7/21 9:00-11:15 AM (5 classes) Res \$45, Non-Res \$49

SKILL DEVELOPMENT CAMPS



NEW!! Half Day Youth Fencing Camp

Ages: 8-14 years
Looking for an activity to capture your child's imagination? Come experience the thrill and discipline of swordplay with fencing as your child builds self-confidence with targeted exercises and fun games to master footwork and blade work before suiting up in regulation fencing gear to fence each other. Plus, plenty of other activities including games and fencing related crafts! Suitable for beginners and those with previous instruction. Please bring an extra pair of clean sneakers for the fencing floor.

Instructors: Rochester Fencing Club Staff
Location: Rochester Fencing Club, 3335 Brighton-Henrietta Town Line Road
Dates: **Code: 321835-A** M.-F., 7/31-8/4 9:00 AM-12:00 PM (5 classes) Res \$230, Non-Res \$240
Code: 321835-B M.-F., 8/21-8/25 9:00 AM-12:00 PM (5 classes) Res \$230, Non-Res \$240

Introduction to Softball

Grades: K-2
This clinic is designed for girls interested in trying softball! Players will learn fundamentals such as throwing, catching, fielding and hitting. Coaches will teach the basics of the game and rules for this age while having fun!

Instructor: Shari Gerevics
Location: Fairport Little League Fields on Lyndon Rd.
Dates: **Code: 325351-A** M.-Th., 7/31-8/3 6:00-7:00 PM (4 classes) Res \$40, Non-Res \$44
Friday will be used as a rain date if necessary.

Multi-Sport Camp

Ages: 6-10 years
Come experience sports such as lacrosse, soccer, basketball, badminton, volleyball, throwing, t-ball, golf, hiking, and some outdoor water fun! Some basic large group activities will also be played to work on teamwork and cooperation. Other activities may be added at the instructor's discretion. Fun, good sportsmanship, and teamwork are the focus while receiving developmental appropriate instruction, for children of all abilities. Participants should wear sneakers and bring a snack and water bottle.

Instructor: Josh Lenhard
Location: Brooks Hill School
Dates: **Code: 337801-A** M.-Th., 7/24-7/27 9:00 AM-12:00 PM (4 classes) Res \$150, Non-Res \$160
Code: 337801-B M.-Th., 7/24-7/27 1:00-4:00 PM (4 classes) Res \$150, Non-Res \$160

Nordic Skiing Dryland Training and Rollerskiing

Ages: 12 years and over
Come enjoy vigorous exercising as we learn to rollerski and prepare for cross country skiing. Let the instructor know your shoe size, so we can prepare equipment.

Instructor: Anthony Kerr
Location: Fellows Road Park
Dates: **Code: 345254-A** M., 7/10-8/7 6:00-8:00 PM (5 classes) Res \$10, Non Res \$11

Summer Soccer Camp

Grades: 1-8
The Perinton Recreation Summer Soccer Camp focuses on having fun while playing the game of soccer. The goal is to provide the players with a well-rounded soccer experience covering technical development and tactics while playing the game. We use small sided games with smaller teams so that all players have the opportunity to develop their skills and get involved in the games. Wear soccer attire, cleats, shin guards, and bring sneakers. Bring a water bottle, lunch, swimsuit and towel.

Instructor: Bill Teasdale
Location: Center Park
Dates: **Code: 325306-A** M.-Th., 7/31-8/3 9:00 AM-2:00 PM (4 classes) Res \$175, Non-Res \$185

Volleyball Summer Camp

Ages: 8-14 years
This is a camp designed for beginner and intermediate level youth. 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., 7/10-7/14 10:00 AM-12:00 PM (5 classes) Res \$95, Non-Res \$105
Code: 335302-B M.-F., 8/7-8/11 10:00 AM-12:00 PM (5 classes) Res \$95, Non-Res \$105

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

PRESCHOOL

REGISTER EARLY TO AVOID PROGRAM CANCELLATION DUE TO LOW ENROLLMENT.

A note on Preschool Programs:

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

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

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

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

Baby Blades

Ages: 2-6 years (adult participation required)
 Introduce your baby to the ice! This program is designed to get young children excited about being on the ice in a comfortable setting. Introduce your child to skating in a fun way! The classes focus on gently acquainting young children with the ice and developing coordination in a creative and playful environment. Some first time skaters are a bit cautious of the ice, but with their parent/guardian assisting, they learn to have fun. Skaters should bring gloves, leggings or snow pants, and other warm clothes. Helmets are strongly recommended. An additional \$40 fee (\$20 for adult and \$20 for child) must be paid to the instructor at the first class that goes to USA Figure Skating for insurance coverage. Skate rental available for \$15 for the 3 weeks.

Instructor: Pamela Warren
Location: Village Sports, 2380 Baird Road
Dates: **Code: 335824-A** W., 7/12-7/26 6:00-6:50 PM (3 classes) Res \$60, Non Res \$66
Code: 335824-B W., 8/2-8/16 6:00-6:50 PM (3 classes) Res \$60, Non-Res \$66

Creative Movement

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

Instructor: M.C. Classical Productions
Location: PCC
Dates: **Code: 315854-A** Th., 6/29-7/27 6:00-6:30 PM (5 classes) Res \$40, Non-Res \$44
Code: 315854-B Th., 8/3-8/31 6:00-6:30 PM (5 classes) Res \$40, Non-Res \$44

Dance with Me

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

Instructor: Ramona Reuter
Location: Studio East Dance Company
Dates: **Code: 315898-A** Th., 7/13-8/17 4:30-5:00 PM (6 classes) Res \$65, Non-Res \$72

Descendants Dance Camp

See Youth & Teen page 31

Gymnastics Club

See Youth & Teen page 32

LatinX Dance

Ages: 2-8 years
 This class is directed to participants of all ages with or without disability, who shows interest in Latin American dances. No experience is required. The participants will learn different folkloric dances like Cumbia, Afro-Latino, Merengue, Bullerengue and the explanation of the cultural background. The program will conclude in a free showcase open to the community.

Instructors: Evelyn D'Agostino & Carlo Chediak
Location: PCC
Dates: **Code: 316800-A** Sun., 7/23-9/10 4:00-5:00 PM (8 classes) No charge

Lil Athletes

Ages: 5-6 years
 Lil Athletes is a multisports program that builds coordination, balance and confidence in a safe and non-competitive environment. This class moves quickly through different activities that promote the development of gross motor skills, following directions and social interaction!

Instructor: Lisa Magliato
Location: PCC
Dates: **Code: 311819-F** Tu., 7/11 9:30-10:15 AM (1 class) Res \$16, Non-Res \$18
Code: 311819-G Tu., 7/18 9:30-10:15 AM (1 class) Res \$16, Non-Res \$18

Lil Future Athletes

Ages: 3-4 years
 Lil Future Athletes nurtures a love and enjoyment of physical activity in a safe and non-competitive environment. Preschoolers are introduced to a wide variety of sports which move quickly to keep preschooler's attention! This class will help build confidence, balance and coordination.

Instructor: Lisa Magliato
Location: PCC
Dates: **Code: 311819-I** Tu., 7/11 10:30-11:15 AM (1 class) Res \$16, Non-Res \$18
Code: 311819-J Tu., 7/18 10:30-11:15 AM (1 class) Res \$16, Non-Res \$18

PRESCHOOL

Moving and Grooving

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

Instructor: Elizabeth Clough
Location: PCC

Dates: **Code: 316831-A** Th., 6/29-7/20 10:30-11:15 AM (4 classes) Res \$50, Non-Res \$55
Code: 316831-B Th., 7/27-8/17 10:30-11:15 AM (4 classes) Res \$50, Non-Res \$55
Code: 316831-C Th., 8/31-9/7 10:30-11:15 AM (2 classes) Res \$25, Non-Res \$28

Music for Mommy and Me

Ages: Birth to 1 1/2 years (adult participation required)
Connect with your baby through music! Join us for an opportunity to engage with your baby through making music and movement. Different forms of sensory will be provided throughout the class to increase your connection with your baby as well as encourage developmental growth in your infant. Instruments and equipment will be provided.

Instructor: Elizabeth Clough
Location: PCC

Dates: **Code: 316830-A** Th., 6/29-7/20 9:30-10:15 AM (4 classes) Res \$50, Non-Res \$55
Code: 316830-B Th., 7/27-8/17 9:30-10:15 AM (4 classes) Res \$50, Non-Res \$55
Code: 316830-C Th., 8/31-9/7 9:30-10:15 AM (2 classes) Res \$25, Non-Res \$28

NEW!! Pop Star Academy Dance Camp

See Youth & Teen page 33

NEW!! Prince and Princess Training Camp

See Youth & Teen page 33

NEW!! Summer Sporty Tots

Ages: 2-5 years (adult participation required)
Enjoy the summer evenings with your peppy tot and the sports we play outdoors! Join Coach Mary and friends to play the adapted games and drills of dribbling and shooting for soccer and lacrosse! Lots of great exercise and fundamentals! Soccer balls and lacrosse sticks welcome but not required. Everyone goes home tired!

Instructor: Mary Slaughter
Location: PCC

Dates: **Code: 311837-A** Th., 7/20-8/10 6:00-6:35 PM (4 classes) Res \$69, Non-Res \$76

Summer Workshop for Pre-Ballet and Tap

Ages: 3-4 years
While building ballet and tap skills, children have fun exploring the stories of famous ballets! We will dance to the music and color pictures of the characters. We use a lot of props and expand our imagination and creativity. Ballet and tap shoes are required. Girls wear leotards and tights and pull hair back from face; boys wear shorts and t-shirts.

Instructor: Vanessa Watters
Location: PCC

Dates: **Code: 316815-A** M., 8/7-8/28 2:00-2:45 PM (4 classes) Res \$40, Non-Res \$44

Teeny Tiny Artists: Summer Fun

Ages: 20 months - 3 years (adult participation required)
Let's explore ocean animals together through art! You'll enjoy going at your own pace using a variety of art materials to create a whale, crab, fish and an adorable seahorse at each "creation station"! We will end class with a mini circle time of storybooks and sing "Baby Beluga and the Deep Blue Sea!"

Instructor: Ginny Schenker
Location: PCC

Date: **Code: 312901-A** F., 8/4 10:00-10:45 AM (1 class) Res \$16, Non-Res \$18

Tiny Trotters

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

Instructor: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road

Dates: **Code: 325752-A** Tu., 6/27-7/25 (ex. 7/4) 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170
Code: 325752-B W., 6/28-7/26 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210
Code: 325752-C F., 6/30-7/28 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210
Code: 325752-D Tu., 8/1-8/29 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210
Code: 325752-E W., 8/2-8/30 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210
Code: 325752-F F., 8/4-9/1 3:30-4:00 PM (5 classes) Res \$200, Non-Res \$210

NEW!! Tots 2 Tumble

Ages: 5-6 years
This class is for ages 5-6 that will learn the basic acro positions. This includes forwards and backwards rolls, bridges, cartwheels and variations, backbends and recover and more. Students will work on strength, flexibility, coordination and body awareness, all while working on solid foundations of skills in a safe and supportive way.

Instructor: Ramona Reuter
Location: Studio East Dance Company

Dates: **Code: 315910-A** Tu., 7/11-8/15 4:00-4:30 PM (6 classes) Res \$65, Non-Res \$72

NEW!! Tummy Time Fun

Ages: Birth - 4 months (adult participation required)
An opportunity to learn strategies to actually enjoy tummy time while connecting with other caregivers and infants. Led by a pediatric physical therapist. Bring your own blanket to play on and a favorite toy.

Instructor: Coleen Riccione
Location: PCC

Dates: **Code: 315844-A** W., 7/12-8/2 11:00-11:45 AM (4 classes) Res \$80, Non-Res \$88
Code: 315844-B M., 7/3-7/24 6:30-7:15 PM (4 classes) Res \$80, Non-Res \$88

NEW!! Under the Sea Mermaids and Mermen Dance Camp

See Youth & Teen page 34

YOUTH AND TEEN

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

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

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

Location: PCC
Days: M.-F., (ex. School holidays and half days)
Times: End of school day - 6:00 PM
Cost: Fall Semester

K-3

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

4-6

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

Registration: Please send form to Michael Clark at the Perinton Community Center. Registration for returning participants begins June 5 and is due by June 19. ***A lottery will be held on July 12 to fill the open spots for the program. Registration for the lottery will begin June 21.** Please fill out the regular registration form to enroll in this lottery. **Your form must be received by July 12 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.
Transportation: Fairport School Bus (parents must arrange for bus transportation through the Fairport Transportation Office).

Basic First Aid for Children

Ages: 7-13 years
Each student will learn basic safety skills such as putting on and taking off gloves, how to stop bleeding, how to help someone who is choking, tying a sling, and much more. Each student will get a certificate and basic first aid kit.

Instructor: Domenic Danesi
Location: PCC
Dates: **Code: 335231-A** Sat., 6/3 11:00 AM-12:30 PM (1 class) Res \$30, Non-Res \$33
Code: 335231-B Sat., 8/5 11:00 AM-12:30 PM (1 class) Res \$30, Non-Res \$33

NEW!! Beginner Skateboarding

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

Instructors: Erik Miller & Paul Phillips
Location: Kreag Road Park
Dates: **Code: 345908-A** Sun., 7/2-7/23 10:00-11:30 AM (4 classes) Res \$35, Non-Res \$39



Beginning Wood Turning

See Adult page 47

NEW!! Birches on Double Canvas Acrylic Painting Class

See Adult page 47

Boatsafe NY - Boating Safety Certificate Course

See Adult page 47

Cartooning for Kids

Ages: 9-12 years
Learn how to draw your favorite cartoon and comic book characters. Learn how to draw caricatures of yourself, friends and family!

Instructor: Brian Petty
Location: PCC
Dates: **Code: 322870-A** Sat., 7/15 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17
Code: 322870-B Sat., 8/12 10:00 AM-12:00 PM (1 class) Res \$15, Non-Res \$17

NEW!! Colored Pencil Drawing Botanicals - Beginners

See Adult page 48

Descendants Dance Camp

Ages: 3-12 years
Dance along with your favorite *Descendants* songs and characters in an exciting week filled with fun and fabulous dancing! Spend a week with Mal, Evie, and Uma in a creative, nurturing atmosphere, learn dances, make crafts and play games based on the *Descendants* movies. The week will end with a mini performance to show all we've learned. Students can wear any dance wear or clothing.

Instructor: Ramona Reuter
Location: Studio East Dance Company
Dates: **Code: 325901-A** M.-F., 7/10-7/14 9:00 AM-12:00 PM (5 classes) Res \$155, Non-Res \$165

YOUTH & TEEN

Encanto Dance Camp

Ages: 3-12 years
Do you want to embrace your unique gifts and the magic of the Madrigals family? Join us as we travel to Columbia and Casa Madrigal to learn dances, make crafts and play games based on our favorite Madrigal family members like Alma, Julieta, Pepa, Bruno, Felix, Isabela, Mirabel and more. The week will end with a mini performance to show all we've learned. Students can wear any dance wear.

Instructor: Ramona Reuter
Location: Studio East Dance Company
Dates: **Code: 325902-A** M.-F., 7/24-7/28 9:00 AM-12:00 PM (5 classes)
Res \$155, Non-Res \$165

Gymnastics Club

Ages: 4 ½-10 years
The class offers energetic gymnastics lessons for a limited-size group using varied heights of beams, mats, floor-bars, and mini-tramp vaulting. Accomplish and advance a solid tumbling foundation with attention to each child's strengths by safety-certified Coach Mary. Skills will be built upon in each of the sessions! Gymnastics is great for whole body strength, balance and coordination, offering cross-over fundamentals and empowerment for many sports! Please tie back long hair and bring water bottle.

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 335827-A** Th., 7/20-8/10 3:55-4:30 PM (4 classes)
Res \$69, Non-Res \$76
Intermediate - Level skills - only for kids who can already do cartwheels and bridges.
Code: 335827-B Th., 7/20-8/10 4:30-5:05 PM (4 classes)
Res \$69, Non-Res \$76

Intro to Horseback Riding - Youth

Ages: 7-18 years
Parents invited to watch! A beginner class for those who want to learn to ride. An experienced adult trainer will teach the basics of walk-trot-halt and steering their horse. Safety both around horses and in saddle will be discussed.

Instructors: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 335752-A** W., 6/28-7/26 4:00-5:00 PM (5 classes) Res \$225, Non-Res \$235
Code: 335752-B Sat., 7/1-7/29 11:00 AM-12:00 PM (5 classes) Res \$225, Non-Res \$235
Code: 335752-C Sat., 7/1-7/29 1:00-2:00 PM (5 classes) Res \$225, Non-Res \$235
Code: 335752-D W., 8/2-8/30 4:00-5:00 PM (5 classes) Res \$225, Non-Res \$235
Code: 335752-E Sat., 8/5-9/2 11:00 AM-12:00 PM (5 classes) Res \$225, Non-Res \$235
Code: 335752-F Sat., 8/5-9/2 1:00-2:00 PM (5 classes) Res \$225, Non-Res \$235

Isshin-Ryu Karate Beginner Through Yellow Belt

Ages: 7 years and over
Introduction and continuation of fundamental karate techniques and self-defense skills in a supportive and enjoyable atmosphere. Students will learn blocks, kicks, punches and stances, along with personal security and self-defense basics. Learn at your own pace while building fitness, confidence, balance and coordination in a fun, non-threatening setting.

Instructor: Sensei Ann Peck
Location: PCC
Dates: **Code: 325808-A** W., 6/28-9/6 5:30-6:20 PM (11 classes)
Res \$110, Non-Res \$120

Isshin-Ryu Karate Orange Through Purple Belt

Ages: 7 years and over
Continuation of intermediate karate curriculum. Techniques and self-defense skills taught in a supportive and enjoyable atmosphere. Students will learn belt appropriate requirements for advancement, building on prior experience. Learn at your own pace while building fitness, confidence, balance and coordination in a fun, non-threatening setting.

Instructor: Sensei Ann Peck
Location: PCC
Dates: **Code: 325808-B** W., 6/28-9/6 6:30-7:20 PM (11 classes)
Res \$110, Non-Res \$120

Isshin-Ryu Karate - Intermediate Orange Through Black Belt

Ages: 7 years and over
This intermediate class is designed for current students who wish to expand their training. Students will learn belt appropriate requirement for advancement building on prior experience. Ideally students will attend both Monday and Wednesday night classes for maximum benefit.

Instructors: Wally Peck & Sensei Ann Peck
Location: PCC
Dates: **Code: 325808-D** M., 6/26-8/28 6:30-8:00 PM (10 classes)
Res \$150, Non-Res \$160

Isshin-Ryu Karate - Black Belts

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

Instructor: Sensei Ann Peck
Location: PCC
Dates: **Code: 325808-C** W., 6/28-9/6 7:30-8:20 PM (11 classes)
Res \$110, Non-Res \$120

Kid's Fun Spanish

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

Instructor: Zoom Into Spanish - Lourdes de la Colina-Scofield
Location: PCC
Dates: **Code: 322875-A** Th., 6/29-8/3 (ex. 7/6) 9:00-9:50 AM (5 classes)
Res \$118, Non-Res \$128

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

LatinX Dance

Ages: 2 years and over
 This class is directed to participants of all ages with or without disability, who shows interest in Latin American dances. No experience is required. The participants will learn different folkloric dances like Cumbia, Afro-Latino, Merengue, Bullerengue and the explanation of the cultural background. The program will conclude in a free showcase open to the community.

Instructors: Evelyn D'Agostino & Carlo Chediak
Location: PCC
Dates: **2-8 years**
Code: 316800-A Sun., 7/23-9/10 4:00-5:00 PM (8 classes)
 No charge
9 years and over
Code: 316800-B Sun., 7/23-9/10 3:00-4:00 PM (8 classes)
 No charge

Learn to Skate

Ages: 7-12 years
 This program 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. The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. This Learn to Skate program serves the needs of the recreational and aspiring competitive skater and can also provide a strong foundation for hockey skaters. An additional \$20 fee must be paid to the instructor at the first class that goes to US Figure Skating for insurance coverage. Skate rental available for \$15 for the 3 weeks.

Instructor: Pamela Warren
Location: Village Sports, 2380 Baird Road
Dates: **Code: 335824-C** W., 7/12-7/26 6:00-6:50 PM (3 classes) Res \$60, Non Res \$66
Code: 335824-D W., 8/2-8/16 6:00-6:50 PM (3 classes) Res \$60, Non-Res \$66

Little Hands, Little Artists: Sew Much Fun!

Ages: 7-12 years
 In this 90-minute sewing class, we will hand sew a simple summer themed craft using a wooden hoop. You'll learn basic sewing techniques, such as threading a needle, stitch work, and how to attach a button. A relaxed class that is perfect for beginners. No experience needed! All materials included. Sewing needle and embroidery thread are yours to take home!

Instructor: Ginny Schenker
Location: PCC
Date: **Code: 312902-A** W., 8/9 10:00-11:30 AM (1 class) Res \$16, Non-Res \$18

NEW!! Pop Star Academy Dance Camp

Ages: 3-12 years
 If you're a fan of Taylor Swift, Camila Cabello, Selena Gomez and Disney Pop, then you will love our Pop Star Academy Dance Camp! Learn dance moves and songs from some of the most popular musicals and movies in recent years. It's a fun, non-competitive environment where everyone is the star! The week will end with a mini performance to show all we've learned.

Instructor: Ramona Reuter
Location: Studio East Dance Company
Dates: **Code: 325909-A** M.-F., 8/7-8/11 9:00 AM-12:00 PM (5 classes)
 Res \$155, Non-Res \$165

NEW!! Prince and Princess Training Camp

Ages: 3-12 years
 Calling all Princes and Princesses. Have a ball learning dances to your favorite prince and princess music, enjoy making crafts and meeting new friends. Dances will be done to *Frozen* songs and more. The week will end with a mini performance to show all we've learned. Students can wear any dance wear or clothing that is easy to dance in. We require students to have ballet shoes or socks.

Instructor: Ramona Reuter
Location: Studio East Dance Company
Dates: **Code: 325899-A** M.-F., 8/14-8/18 9:00 AM-12:00 PM (5 classes)
 Res \$155, Non-Res \$165

Running Club

Ages: 5-10 years
 Summer runners, here we go! Be empowered 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
Location: PCC
Dates: **Code: 324866-A** Th., 7/20-8/10 5:15-6:00 PM (4 classes)
 Res \$79, Non-Res \$87

Safety First for Children

Ages: 7-13 years
 Students will learn home alone skills, which include how to answer the door and the phone. Internet safety, fire safety, poison control, and much more will also be covered. Each student will receive a certificate and a bag of resources.

Instructor: Domenic Danesi
Location: PCC
Dates: **Code: 325234-A** 6/3 9:00-10:30 AM (1 class) Res \$30, Non-Res \$33
Code: 325234-B 8/5 9:00-10:30 AM (1 class) Res \$30, Non-Res \$33

Summer Workshop for Ballet I

Ages: 7-10 years
 While building ballet skills, we will have fun exploring the stories of famous ballets! We will dance to the music, discuss the scenes, and play different characters. We use a lot of props and expand our imagination and creativity while dancing and setting the stage. Ballet shoes are required - girls wear leotards and tights and pull hair back from the face.

Instructor: Vanessa Watters
Location: PCC
Dates: **Code: 325851-A** M., 8/7-8/28 4:00-5:00 PM (4 classes) Res \$40, Non-Res \$44

Summer Workshop for Beginning Ballet

Ages: 4-6 years
 While building ballet skills, we will have fun exploring the stories of famous ballets! We will dance to the music, discuss the scenes, and play different characters. We use a lot of props and expand our imagination and creativity while dancing and setting the stage for the stories. Ballet shoes are required - girls wear leotards and tights and pull hair back from face.

Instructor: Vanessa Watters
Location: PCC
Dates: **Code: 325854-A** M., 8/7-8/28 3:00-3:45 PM (4 classes) Res \$40, Non-Res \$44

NEW!! Sunflower on Canvas – Acrylic Painting Class

See Adult page 51

Teen Activity Nights

Ages: 12-16 years
Join us for select teen activities throughout the summer! Teens will have the ability to use the Lion's Den Teen Center & 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 are not allergy or diet restriction sensitive. All programs have a registration DEADLINE a week prior to the event (ex. Dodgeball 7/21, registration deadline 7/14), unless authorized by the Recreation Supervisor. Enroll early to avoid program cancellation! If your teen would like to see an event offered by the Community Center, please contact Michael Clark (Recreation Supervisor) at mclark@perinton.org with your idea!

Dodgeball Tournament

Ages: 12-15 years
Location: PCC
Date: **Code: 336105-A** F., 7/21 7:00-9:00 PM Res \$10, Non-Res \$11

3 vs 3 Basketball

Ages: 12-15 years
Location: PCC
Date: **Code: 336105-B** F., 7/28 7:00-9:00 PM Res \$10, Non-Res \$11

Stony Brook State Park (hike & swimming)

Ages: 12-15 years
Location: Meet at Teen Center
Date: **Code: 336105-C** W., 8/9 11:00 AM-4:00 PM Res \$18, Non-Res \$20

Sand Volleyball

Ages: 13-16 years
Location: Perinton Park
Date: **Code: 336105-D** F., 8/11 6:30-8:00 PM Res \$10, Non-Res \$11

World Cup & Kickball

Ages: 13-16 years
Location: Lion's Den Teen Center
Date: **Code: 336105-E** F., 8/18 6:30-8:30 PM Res \$15, Non-Res \$17

Splash Party

Ages: 13-16 years
Location: PCC
Date: **Code: 336105-F** F., 8/25 7:00-9:00 PM Res \$12, Non-Res \$13



The SpongeBob Musical: Youth Edition

Ages: 13-18 years
A one-hour edition of the hit musical, specially tailored for young actors! The stakes are higher than ever in this dynamic stage musical, as SpongeBob and all of Bikini Bottom face the total annihilation of their undersea world. Chaos erupts. Lives hang in the balance. And just when all hope seems lost, a most unexpected hero rises up and takes center stage. The power of optimism really can save the world!
Instructor: Edward Rocha
Location: PCC & Penfield Community Center
Dates: **Code: 325232-K** Tu., 7/17-10/8 5:00-8:00 PM Res \$200, Non-Res \$210

NEW!! Tots 2 Tumble

See Preschool page 30

NEW!! Under the Sea Mermaids and Mermen Dance Camp

Ages: 3-12 years
Journey into the deep blue sea with this ocean-inspired dance camp! Dancers will wander beyond the coast to explore new worlds through dance, storytelling, crafts and creative games that unlock your voyager's imagination during this weeklong dance camp. Each day students will engage in creative dance and movement activities as well as work on aquatic themed crafting.
Instructor: Ramona Reuter
Location: Studio East Dance Company
Dates: **Code: 325912-A** M.-F., 7/17-7/21 9:00 AM-12:00 PM (5 classes) Res \$155, Non-Res \$165

Western Riding for All Ages

Ages: 7-77 years
Taught by a certified Western trainer, this program is great for anyone who would like to try riding a gentle Western trained horse. You will learn basic maneuvers, correct body positions and neck reining.
Instructors: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 335752-G** W., 6/28-7/19 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190
Code: 335752-H W., 8/2-8/30 7:00-8:00 PM (5 classes) Res \$225, Non-Res \$235

Youth Hip Hop & Tumble

Ages: 6-10 years
This combo class is for students that are always showing off their dance moves and love to flip around. It combines the basics of Hip-hop and tumbling skills with age appropriate movement and music. Instructor will teach in a positive and fun environment.
Instructor: Ramona Reuter
Location: Studio East Dance Company
Dates: **Code: 325911-A** W., 7/12-8/16 5:30-6:30 PM (6 classes) Res \$100, Non-Res \$110

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

Youth Soccer

Grades: K-5, Co-Ed
This is an instructional soccer program focused on fundamentals and fun! A limited number of youth may participate dependent on coach and field availability. Registration closes on August 23, however the program may fill prior to this date. We will continue to accept registrations as space allows. However, please register early as your desired night may fill.

Coaches: If interested in coaching, please use the QR code below and complete the google form or email Kelly at kattridge@perinton.org no later than August 14.

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

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

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.
5. If applicable, please list the first and last name of coach(es) and player(s) you wish your child to be matched with.

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

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

Location: Center Park West, Fellows Road and Potter Park

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

Dates:

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

Ages: 6-10 years
This class will work on strength, flexibility, and focus on proper technique for all skills. Instructors will work on round-offs and variations, standing back bend and recover, back bend kick overs, and more. Instructors will provide safety and encouragement for all tumbling.

Instructor: Ramona Reuter

Location: Studio East Dance Company

Dates: **Code: 325910-A** Tu., 7/11-8/15 5:15-5:45 PM (6 classes)
Res \$65, Non-Res \$72



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



GOLF

Register early to avoid program cancellation due to low enrollment.

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

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

Super Junior - Beginner Golf

Ages: 5-10 years

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.

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 325793-A** M.-F., 6/19-6/23 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-B M.-F., 6/26-6/30 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-C M.-F., 7/10-7/14 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-D M.-F., 7/17-7/21 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-E M.-F., 7/24-7/28 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-F M.-F., 7/31-8/4 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-G M.-F., 8/7-8/11 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-H M.-F., 8/14-8/18 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-I M.-F., 8/21-8/25 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159

Code: 325793-J M.-F., 8/28-9/1 10:00-11:00 AM (5 classes) Res \$149, Non-Res \$159



Super Junior - Advanced Golf

Ages: 5-10 years

This class is designed for the 5-10 year old who already has some "on-course" 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: Eagle Vale PGA Professional Instructor

Dates: **Code: 325794-A** M.-F., 6/19-6/23 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-B M.-F., 6/26-6/30 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-C M.-F., 7/10-7/14 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-D M.-F., 7/17-7/21 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-E M.-F., 7/24-7/28 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-F M.-F., 7/31-8/4 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-G M.-F., 8/7-8/11 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-H M.-F., 8/14-8/18 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-I M.-F., 8/21-8/25 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Code: 325794-J M.-F., 8/28-9/1 8:00-9:30 AM (5 classes) Res \$219, Non-Res \$229

Junior - Beginner Golf

Ages: 11-16 years

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 to 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. Rain or missed dates can be made up during any normally scheduled class time throughout the end of the season.

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 325715-A** M.-F., 6/19-6/23 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-B M.-F., 6/26-6/30 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-C M.-F., 7/10-7/14 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-D M.-F., 7/17-7/21 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-E M.-F., 7/24-7/28 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-F M.-F., 7/31-8/4 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-G M.-F., 8/7-8/11 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-H M.-F., 8/14-8/18 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-I M.-F., 8/21-8/25 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

Code: 325715-J M.-F., 8/28-9/1 11:00 AM-12:30 PM (5 classes) Res \$219, Non-Res \$229

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

Register early to avoid program cancellation due to low enrollment.

Experienced Junior – Advanced Junior Golf

Ages: 9-16 years*

*Previously should have scored 50 or less at least 2 times. 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. Advanced juniors will walk 9 holes of golf daily along with on-course situational scenarios and instruction. A more in-depth analysis of rules and etiquette will also take place. Different skill competitions and challenges will be conducted throughout the weeklong camp.

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 325716-A** Tu.-F., 6/20-6/23 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-B Tu.-F., 6/27-6/30 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-C Tu.-F., 7/11-7/14 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-D Tu.-F., 7/18-7/21 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-E Tu.-F., 7/25-7/28 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-F Tu.-F., 8/1-8/4 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-G Tu.-F., 8/8-8/11 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-H Tu.-F., 8/15-8/18 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-I Tu.-F., 8/22-8/25 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Code: 325716-J Tu.-F., 8/29-9/1 7:30 AM-12:00 PM (4 classes) Res \$389, Non-Res \$399

Adult Beginner Golf

Ages: 18 years and over

This course is designed for the true beginner golfer. Our PGA professional instructors will gently guide you through the fundamentals of golf in an entertaining 4-week course. 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. Rain or missed dates can be made up during any normally scheduled class time throughout the end of the season.

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 345790-A** Tu., 6/20-7/18 (ex. 7/4) 5:00-6:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345790-B W., 6/21-7/12 5:00-6:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345790-C Th., 6/22-7/13 5:00-6:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345790-D Tu., 7/25-8/15 5:00-6:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345790-E W., 7/26-8/16 5:00-6:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345790-F Th., 7/27-8/17 5:00-6:00 PM (4 classes) Res \$149, Non-Res \$159



Adult Advanced Golf

Ages: 18 years and over

A natural progression from the "Adult Beginner Golf." This course expands on what you've already learned in the previous course. More in-depth analysis of your golf swing will be the focus, along with pre-swing fundamentals and pre-shot routines. Additional time will be spent on putting, short game, rules and proper etiquette. Short game instruction will include pitch shots, chip shots and bunker play. Rain or missed dates can be made up during any normally scheduled class time throughout the end of the season.

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 345791-A** Tu., 6/20-7/18 (ex. 7/4) 6:00-7:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345791-B W., 6/21-7/12 6:00-7:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345791-C Th., 6/22-7/13 6:00-7:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345791-D Tu., 7/25-8/15 6:00-7:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345791-E W., 7/26-8/16 6:00-7:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345791-F Th., 7/27-8/17 6:00-7:00 PM (4 classes) Res \$149, Non-Res \$159

Adult Short Game Golf Clinic

Ages: 18 years and over

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 greatest impact on your ability to lower your scores. Much of this clinic will take place on the course, with our extensive short game area being used as well. Rain or missed dates can be made up during any normally scheduled class time throughout the end of the season.

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 345793-A** Tu., 6/20-7/18 (ex. 7/4) 7:00-8:00 PM (4 classes) Res \$159, Non-Res \$169

Code: 345793-B W., 6/21-7/12 7:00-8:00 PM (4 classes) Res \$159, Non-Res \$169

Code: 345793-C Th., 6/22-7/13 7:00-8:00 PM (4 classes) Res \$159, Non-Res \$169

Code: 345793-D Tu., 7/25-8/15 7:00-8:00 PM (4 classes) Res \$159, Non-Res \$169

Code: 345793-E W., 7/26-8/16 7:00-8:00 PM (4 classes) Res \$159, Non-Res \$169

Code: 345793-F Th., 7/27-8/17 7:00-8:00 PM (4 classes) Res \$159, Non-Res \$169

55+ Golf Camp Mens

Ages: 55 years and over

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

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 345794-A** M., 7/10-7/31 2:00-3:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345794-B M., 8/7-8/28 2:00-3:00 PM (4 classes) Res \$149, Non-Res \$159

Ladies

Ages: 55 years and over

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

Instructor: Eagle Vale PGA Professional Instructor

Dates: **Code: 345794-C** M., 7/10-7/31 3:00-4:00 PM (4 classes) Res \$149, Non-Res \$159

Code: 345794-D M., 8/7-8/28 3:00-4:00 PM (4 classes) Res \$149, Non-Res \$159

TENNIS



Register early to avoid program cancellation due to low enrollment.

Public Court Time

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

Courts are located at:

Fellows Road Park (4)

Kreag Road Park (2)

Perinton Park (6)

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.

Tennis Skill Levels

For registration, please evaluate yourself at the most appropriate level as described below.

Beginner: Those who have had no instruction, or have had instruction but very little play.

Advanced Beginner: Those who have had beginning instruction, know scoring and basic fundamentals, and have had limited play.

Intermediate: Those who have consistency in all strokes and placement ability. Emphasis on strategy and game related drills.

Co-Ed Doubles Tennis League

Ages: 30 years and over

Intermediate Level Doubles. Come ready to play with consistency in serve, forehand, backhand and volley. We will be rotating play with different partners and genders. Consistent attendance is expected. Please bring 3 cans of tennis balls on first night (as price of registration).

Location: Perinton Park Tennis Courts

Dates: Th., 6/15-8/31 6:30-8:30 PM (12 weeks)

Registration: Contact Volunteer - Irene Forgensi Hammons at 585-721-6721 or ifh81@yahoo.com.

Not available on WebTrac.

Perinton Senior Tennis League

Ages: 60 years and over

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. Make your check payable to: Janet Goldman. Address: 6 White Briar, Pittsford, NY 14534. Please provide your name, telephone number, email address, and skill level (intermediate or advanced) along with your check.

Location: Perinton Park and Potter Park Tennis Courts

Dates: W., 5/17-8/30 (ex. 7/5) 6:00 PM Res \$25

Not available on WebTrac.

Register early to avoid program cancellation due to low enrollment.

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

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

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

Water feature schedules listed on www.perinton.org

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

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

NEW!! Introduction to Artistic Swimming

Ages: 7-14 years

Come try a fun and unique Olympic sport that combines dance, gymnastics and swimming all in one. Swimmers will learn the basic skills of artistic swimming which include some underwater and upside down skills. Swimmers must be able to pass a deep end test which is one lap of front crawl and treading for one minute. Take it as a class or just join us for the one day clinic.

Instructor: Elaine Morgillo

Location: PCC

Dates: **Code: 343910-A** W., 7/12-8/30 5:15-6:00 PM (8 classes) Res \$56, Non-Res \$62
Code: 343910-B Sat., 8/12 9:00 AM-12:00 PM (1 class) Res \$45, Non-Res \$50

Genesee Valley Masters Swimming

USA Masters registered program offering high quality, coached instruction for competitive swimmers, Triathletes, lap swimmers and anyone else interested in participating. Participants have multiple practice times. Perinton Aquatic Center M.-F. mornings, 6:00-7:30 AM. Contact Laura at lsilins@perinton.org to begin your free 2 week trial!

Not available on WebTrac.



Fitness Swim Class

Ages: 18 years and over

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

Instructor: Brandon Lee

Location: PCC

Dates: **Code: 343901-A** Tu., 6/27-8/1 (ex. 7/4) 7:30-8:30 AM (5 classes) Res \$40, Non-Res \$44
Code: 343901-B Tu., 8/8-9/5 7:30-8:30 AM (5 classes) Res \$40, Non-Res \$44
Code: 343901-C Th., 6/29-8/3 7:30-8:30 AM (6 classes) Res \$48, Non-Res \$53
Code: 343901-D Th., 8/10-9/7 7:30-8:30 AM (5 classes) Res \$40, Non-Res \$44
Code: 343901-E Tu. & Th., 6/27-8/3 (ex. 7/4) 7:30-8:30 AM (11 classes) Res \$88, Non-Res \$97
Code: 343901-F Tu. & Th., 8/8-9/7 7:30-8:30 AM (10 classes) Res \$80, Non-Res \$88

Skills and Drills

Ages: 18 years and over

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

Instructor: Brandon Lee

Location: PCC

Dates: **Code: 343902-A** Th., 6/29-8/3 8:30-9:30 AM (6 classes) Res \$48, Non-Res \$53
Code: 343902-B Th., 8/10-9/7 8:30-9:30 AM (5 classes) Res \$40, Non-Res \$44

AQUATICS

Private and Semi-Private Swimming Lessons

Ages: 2 ½ years and over

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

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

- 7 classes – Res \$238, Non-Res \$248
- 8 classes – Res \$272, Non-Res \$282

SUNDAY

7/2-8/13

(7 classes) Res \$182, Non-Res \$192

313120-FI, EJ, FK, FL or FM 9:45-10:15 AM
 313120-FN, FO, FP, FQ or FR 10:20-10:50 AM
 313120-FS, FT, FU, FV or FW 10:55-11:25 AM
 313120-FX, FY, FZ, G or GA 11:30 AM-12:00 PM

MONDAY

6/26-8/14

(8 classes) Res \$208, Non-Res \$218

313120-A or AA 4:15-4:45 PM
 313120-AB or AC 4:50-5:20 PM
 313120-AD or AE 5:25-5:55 PM
 313120-AF or AG 6:00-6:30 PM

MONDAY & WEDNESDAY

6/26-7/19

(8 classes) Res \$208, Non-Res \$218

313120-AH or AI 4:15-4:45 PM
 313120-AJ or AK 4:50-5:20 PM
 313120-AL or AM 5:25-5:55 PM
 313120-AN or AO 6:00-6:30 PM

7/24-8/16

(8 classes) Res \$208, Non-Res \$218

313120-AP or AQ 4:15-4:45 PM
 313120-AR or AS 4:50-5:20 PM
 313120-AT or AU 5:25-5:55 PM
 313120-AV or AW 6:00-6:30 PM

TUESDAY

6/27-8/15 (ex. 7/4)

(7 classes) Res \$182, Non-Res \$192

313120-AY or AZ 4:15-4:45 PM
 313120-B or BA 4:50-5:20 PM
 313120-BB or BC 5:25-5:55 PM
 313120-BD or BE 6:00-6:30 PM

PERINTON AQUATIC CENTER POOL RULES

1. Pool area is closed when no lifeguard is on duty.
2. Instruction of lifeguard must be obeyed at all times.
3. All patrons must shower before entering the pool.
4. Appropriate bathing attire must be worn (designated swim suit). No cutoffs or street clothes will be allowed.
5. Street shoes are not allowed on the pool deck.
6. Children of diaper wearing age MUST wear swim diapers or plastic pants with tight fitting elastic legs. Regular disposable diapers will not be allowed.
7. No running, horseplay, chicken fights or pushing allowed in the pool area.

TUESDAY & THURSDAY

6/27-7/20 (ex. 7/4)

(7 classes) Res \$182, Non-Res \$192

313120-BW or BX 9:45-10:15 AM
 313120-BY or BZ 10:20-10:50 AM
 313120-C or CA 10:55-11:25 AM
 313120-CB or CC 4:15-4:45 PM
 313120-CD or CE 4:50-5:20 PM
 313120-CF or CG 5:25-5:55 PM
 313120-CH or CI 6:00-6:30 PM

7/25-8/17

(8 classes) Res \$208, Non-Res \$218

313120-CJ or CK 4:15-4:45 PM
 313120-CL or CM 4:50-5:20 PM
 313120-CN or CO 5:25-5:55 PM
 313120-CP or CQ 6:00-6:30 PM

WEDNESDAY

6/28-8/16

(8 classes) Res \$208, Non-Res \$218

313120-DK or DL 4:15-4:45 PM
 313120-DN or DO 4:50-5:20 PM
 313120-DQ or DR 5:25-5:55 PM
 313120-DT or DU 6:00-6:30 PM

THURSDAY

6/29-8/17

(8 classes) Res \$208, Non-Res \$218

313120-DW or DX 4:15-4:45 PM
 313120-DZ or E 4:50-5:20 PM
 313120-EB or ED 5:25-5:55 PM
 313120-EE or EG 6:00-6:30 PM

FRIDAY

6/30-8/18

(8 classes) Res \$208, Non-Res \$218

313120-EH or EI 3:45-4:15 PM
 313120-EJ or EK 4:20-4:50 PM
 313120-EL or EM 4:55-5:25 PM
 313120-EN or EO 5:30-6:00 PM

SATURDAY

7/1-8/19 (ex. 8/5)

(7 classes) Res \$182, Non-Res \$192

313120-EP, EQ, ER, ES or ET 9:00-9:30 AM
 313120-EU, EV, EW, EX or EY 9:35-10:05 AM
 313120-EZ, F, FA, FB or FC 10:10-10:40 AM
 313120-FD, FE, FF, FG, FH 10:45-11:15 AM

8. Diving is only permitted under instructor supervision and in over seven feet of water in the lap pool.
9. No food, gym, drinking (except water) or tobacco products (e-cigs) in the pool area.
10. No glass containers allowed in the pool area.
11. Discharge of bodily matter is prohibited.
12. No unacceptable public displays of affection.
13. Only Coast Guard approved, properly fitting personal floatation devices are permitted.
14. Masks, fins and snorkels are allowed for designated programs only.
15. Swimmers wishing to swim in water deeper than their height must first pass a deep water test.
16. Children ages 5-11 years must be accompanied by an adult (18+ years) in the pool area. Adult must be in proper swim attire.
17. Children ages 4 and under must be within an arm's reach of an adult, 2 children to 1 adult.
18. Children ages 5 and under may not use the whirlpool.
19. Children ages 11 and under may not use the whirlpool unless accompanied by an adult.
20. Participants must be at least 48" tall to go down the slide.
21. Failure to comply with the pool rules may result in expulsion from the facility.

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

Learning Outcomes: Provides experiences and activities for children to:

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

7 classes - Res \$63, Non-Res \$69
8 classes - Res \$72, Non-Res \$79

313110-A Sat., 7/1-8/19 (ex. 8/5) 9:00-9:30 AM (7 classes)
313110-B Sat., 7/1-8/19 (ex. 8/5) 10:10-10:40 AM (7 classes)
313110-C Sun., 7/1-8/13 9:45-10:15 AM (7 classes)
313110-D M.-Th., 6/26-7/6 (ex. 7/4) 10:20-10:50 AM (7 classes)
313110-E M. & W., 7/10-8/2 6:00-6:30 PM (8 classes)
313110-F M.-Th., 7/24-8/3 9:45-10:15 AM (8 classes)

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

Learning Outcomes: Provides experiences and activities for children to:

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

7 classes - Res \$63, Non-Res \$69
8 classes - Res \$72, Non-Res \$79

313111-A Sat., 7/1-8/19 (ex. 8/5) 9:35-10:05 AM (7 classes)
313111-B Sat., 7/1-8/18 (ex. 8/5) 10:45-11:15 AM (7 classes)
313111-C Sun., 7/2-8/13 10:55-11:25 AM (7 classes)
313111-D M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)

Nemos
Ages: 3-3.99 years

Learning Outcomes:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous arm/leg actions on front and back
- Combined arm and leg actions on front and back

No prerequisite. Guaranteed 3:1 ratio for maximum benefit.

7 classes - Res \$74, Non-Res \$81
8 classes - Res \$84, Non-Res \$92

313117-A Sat., 7/1-8/19 (ex. 8/5) 9:00-9:30 AM (7 classes)
313117-B Sat., 7/1-8/19 (ex. 8/5) 9:35-10:05 AM (7 classes)
313117-C Sat., 7/1-8/19 (ex. 8/5) 10:45-11:15 AM (7 classes)
313117-D Sun., 7/2-8/13 9:45-10:15 AM (7 classes)
313117-E M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
313117-F M.-Th., 6/26-7/6 (ex. 7/4) 10:20-10:50 AM (7 classes)
313117-G M.-Th., 6/26-7/6 (ex. 7/4) 10:55-11:25 AM (7 classes)
313117-H M. & W., 7/10-8/2 5:25-5:55 PM (8 classes)
313117-I M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)
313117-J M.-Th., 7/10-7/20 10:20-10:50 AM (8 classes)
313117-K M.-Th., 7/10-7/20 10:55-11:25 AM (8 classes)
313117-L M.-Th., 7/24-8/3 9:45-10:15 AM (8 classes)
313117-M M.-Th., 7/24-8/3 10:20-10:50 AM (8 classes)
313117-N M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)

Squirts
Ages: 4-5.99 years

Learning Outcomes:

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and legs actions on front and back
- Finning arm action on back

No prerequisite. Guaranteed 3:1 ratio for maximum benefit.

7 classes - Res \$74, Non-Res \$81
8 classes - Res \$84, Non-Res \$92

313118-A Sat., 7/1-8/19 (ex. 8/5) 9:00-9:30 AM (7 classes)
313118-B Sat., 7/1-8/19 (ex. 8/5) 9:35-10:05 AM (7 classes)
313118-C Sat., 7/1-8/19 (ex. 8/5) 10:45-11:15 AM (7 classes)
313118-D Sun., 7/2-8/13 10:55-11:25 AM (7 classes)
313118-E M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
313118-F M.-Th., 6/26-7/6 (ex. 7/4) 10:20-10:50 AM (7 classes)
313118-G M.-Th., 6/26-7/6 (ex. 7/4) 10:55-11:25 AM (7 classes)
313118-H M. & W., 7/10-8/2 4:50-5:20 PM (8 classes)
313118-I M. & W., 7/10-8/2 5:25-5:55 PM (8 classes)
313118-J M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)
313118-K M.-Th., 7/10-7/20 10:20-10:50 AM (8 classes)
313118-L M.-Th., 7/10-7/20 10:55-11:25 AM (8 classes)
313118-M M.-Th., 7/24-8/3 9:45-10:15 AM (8 classes)
313118-N M.-Th., 7/24-8/3 10:20-10:50 AM (8 classes)
313118-O M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)

Sea Urchins
Ages: 3-5.99 years

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

7 classes - Res \$74, Non-Res \$81
8 classes - Res \$84, Non-Res \$92

313119-A Sun., 7/2-8/13 10:20-10:50 AM (7 classes)
313119-B Sun., 7/2-8/13 11:30 AM-12:00 PM (7 classes)
313119-C M. & W., 7/10-8/2 4:15-4:45 PM (8 classes)
313119-D M. & W., 7/10-8/2 6:00-6:30 PM (8 classes)

Advanced Squirts
(Instructor Recommendation)
Ages: 4-5.99 years

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

7 classes - Res \$74, Non-Res \$81
8 classes - Res \$84, Non-Res \$92

313116-A Sat., 7/1-8/19 (ex. 8/5) 10:10-10:40 AM (7 classes)
313116-B Sun., 7/2-8/13 10:20-10:50 AM (7 classes)
313116-C Sun., 7/2-8/13 11:30 AM-12:00 PM (7 classes)
313116-D M. & W., 7/10-8/2 4:15-4:45 PM (8 classes)
313116-E M. & W., 7/10-8/2 6:00-6:30 PM (8 classes)

AQUATICS

American Red Cross Swim Lessons: Levels 1-6

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

Red Cross Level 1 (Limited Experience) Ages: 6-8 years

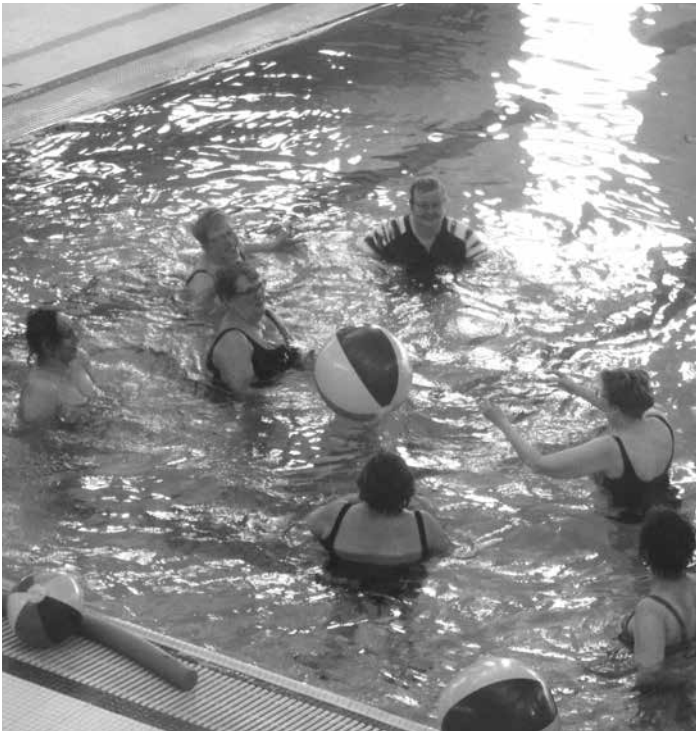
Class is designed for 6-8 year olds with limited swim experience.

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

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

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

- 323111-A** Sat., 7/1-8/19 (ex. 8/5) 9:00-9:30 AM (7 classes)
- 323111-B** Sat., 7/1-8/19 (ex. 8/5) 10:10-10:40 AM (7 classes)
- 323111-C** Sat., 7/1-8/19 (ex. 8/5) 10:45-11:15 AM (7 classes)
- 323111-D** M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
- 323111-E** M.-Th., 6/26-7/6 (ex. 7/4) 10:20-10:50 AM (7 classes)
- 323111-F** M.-Th., 6/26-7/6 (ex. 7/4) 10:55-11:25 AM (7 classes)
- 323111-G** M. & W., 7/10-8/2 4:15-4:45 PM (8 classes)
- 323111-H** M. & W., 7/10-8/2 4:50-5:20 PM (8 classes)
- 323111-I** M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)
- 323111-J** M.-Th., 7/10-7/20 10:20-10:50 AM (8 classes)
- 323111-K** M.-Th., 7/10-7/20 10:55-11:25 AM (8 classes)
- 323111-L** M.-Th., 7/24-8/3 9:45-10:15 AM (8 classes)
- 323111-M** M.-Th., 7/24-8/3 10:20-10:50 AM (8 classes)
- 323111-N** M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)



Red Cross Level 2 Ages: 6-10 years

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

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

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

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

- 323112-A** Sat., 7/1-8/19 (ex. 8/5) 10:10-10:40 AM (7 classes)
- 323112-B** M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
- 323112-C** M.-Th., 6/26-7/6 (ex. 7/4) 10:20-10:50 AM (7 classes)
- 323112-D** M.-Th., 6/26-7/6 (ex. 7/4) 10:55-11:25 AM (7 classes)
- 323112-E** M. & W., 7/10-8/2 4:50-5:20 PM (8 classes)
- 323112-F** M. & W., 7/10-8/2 6:00-6:30 PM (8 classes)
- 323112-G** M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)
- 323112-H** M.-Th., 7/10-7/20 10:20-10:50 AM (8 classes)
- 323112-I** M.-Th., 7/10-7/20 10:55-11:25 AM (8 classes)
- 323112-J** M.-Th., 7/24-8/3 9:45-10:15 AM (8 classes)
- 323112-K** M.-Th., 7/24-8/3 10:20-10:50 AM (8 classes)
- 323112-L** M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)

Red Cross Level 3 Ages: 6-12 years

Child must have a Level 2 card to enroll.

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

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

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

- 323113-A** Sat., 7/1-8/19 (ex. 8/5) 9:35-10:05 AM (7 classes)
- 323113-B** M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
- 323113-C** M.-Th., 6/26-7/6 (ex. 7/4) 10:20-10:50 AM (7 classes)
- 323113-D** M.-Th., 6/26-7/6 (ex. 7/4) 10:55-11:25 AM (7 classes)
- 323113-E** M. & W., 7/10-8/2 4:15-4:45 PM (8 classes)
- 323113-F** M. & W., 7/10-8/2 5:25-5:55 PM (8 classes)
- 323113-G** M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)
- 323113-H** M.-Th., 7/10-7/20 10:20-10:50 AM (8 classes)
- 323113-I** M.-Th., 7/10-7/20 10:55-11:25 AM (8 classes)
- 323113-J** M.-Th., 7/24-8/3 10:20-10:50 AM (8 classes)
- 323113-K** M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)

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



**Red Cross Level 4
Ages: 6-14 years**

Child must have a Level 3 card to enroll.

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

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

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

- 323114-A** M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
- 323114-B** M.-Th., 6/26-7/6 (ex. 7/4) 10:20-10:50 AM (7 classes)
- 323114-C** M.-Th., 6/26-7/6 (ex. 7/4) 10:55-11:25 AM (7 classes)
- 323114-D** M. & W., 7/10-8/2 4:50-5:20 PM (8 classes)
- 323114-E** M.-Th., 7/10-7/20 10:20-10:50 AM (8 classes)
- 323114-F** M.-Th., 7/10-7/20 10:55-11:25 AM (8 classes)
- 323114-G** M.-Th., 7/24-8/3 10:20-10:50 AM (8 classes)
- 323114-H** M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)

**Red Cross Level 5
Ages: 6-14 years**

Child must have a Level 4 card to enroll.

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

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

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

- 323115-A** M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
- 323115-B** M. & W., 7/10-8/2 5:25-5:55 PM (8 classes)
- 323115-C** M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)
- 323115-D** M.-Th., 7/10-7/20 10:55-11:25 AM (8 classes)
- 323115-E** M.-Th., 7/24-8/3 9:45-10:15 AM (8 classes)
- 323115-F** M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)

**Red Cross Level 6
Ages: 6-14 years**

Child must have a Level 5 card to enroll.

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

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

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

- 323116-A** M.-Th., 6/26-7/6 (ex. 7/4) 9:45-10:15 AM (7 classes)
- 323116-C** M. & W., 7/10-8/2 5:25-5:55 PM (8 classes)
- 323116-D** M.-Th., 7/10-7/20 9:45-10:15 AM (8 classes)
- 323116-G** M.-Th., 7/24-8/3 9:45-10:15 AM (8 classes)
- 323116-H** M.-Th., 7/24-8/3 10:55-11:25 AM (8 classes)

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

AQUATIC FITNESS

WATER FITNESS

MONDAY

Total Body Aqua Size

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

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 343810-A** M., 6/26-8/28 8:30-9:30 AM (10 classes) Res \$80, Non-Res \$88

Circle Aqua Volley Beachball

Ages: 12 years and over
How long can your group keep the beach ball in the air? Exercise your muscles, jump, reach, laugh and improve your reflexes. *Not actual volleyball.

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 343818-A** M., 8/14-8/28 9:30-10:30 AM (3 classes) Res \$24, Non-Res \$26

Aqua Fit

Ages: 13 years and over
Aqua Fit provides a well-rounded workout that includes cardio, strength, balance and flexibility. Be prepared to move the entire class. All levels benefit from this fun and challenging music based class.

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343831-A** M., 6/26-8/28 6:00-6:45 PM (10 classes) Res \$80, Non-Res \$88

TUESDAY

Aqua Fit

Ages: 13 years and over
Aqua Fit provides a well-rounded workout that includes cardio, strength, balance and flexibility. Be prepared to move the entire class. All levels benefit from this fun and challenging music based class.

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343831-B** Tu., 6/27-8/29 (ex. 7/4) 8:35-9:20 AM (9 classes) Res \$72, Non-Res \$79

Aqua Endurance – Current Channel

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343832-C** Tu., 6/27-8/29 (ex. 7/4) 9:30-10:15 AM (9 classes) Res \$72, Non-Res \$79

Aqua Circuit

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343837-A** Tu., 6/27-8/29 (ex. 7/4) 10:30-11:15 AM (9 classes) Res \$72, Non-Res \$79

WEDNESDAY

Heat Up the Pool

Ages: 12 years and over
Turn up the heat with water exercise. Challenge yourself with barbells, buoys, bands and tethers. Work on cardio, flexibility and strength all in one hour. You determine the intensity – low (starting out) to vigorous (experienced). Push yourself. Both shallow (chest deep) and deep end of the pool will be used.

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 343817-A** W., 6/28-9/6 8:30-9:30 AM (11 classes) Res \$88, Non-Res \$97

Let's Get Moving

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

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 343870-B** W., 8/16-9/6 9:30-10:30 AM (4 classes) Res \$32, Non-Res \$35

Aqua Endurance – Current Channel

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343832-B** W., 6/28-8/30 5:30-6:15 PM (10 classes) Res \$80, Non-Res \$88

THURSDAY

NEW!! Bodies in Motion Plus Aqua Circuit

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343873-A** Th., 6/29-8/31 (ex. 7/20) 9:30-10:30 AM (9 classes) Res \$72, Non-Res \$79

Aqua Circuit

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343837-B** Th., 6/29-8/31 (ex. 7/20) 10:30-11:15 AM (9 classes) Res \$72, Non-Res \$79

FRIDAY

Total Body Aqua Size

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

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 343810-B** F., 6/30-9/8 8:30-9:30 AM (11 classes) Res \$88, Non-Res \$97

Let's Get Moving

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

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 343870-A** F., 6/30-9/8 9:30-10:30 AM (11 classes) Res \$88, Non-Res \$97

SUNDAY

Aqua Endurance – Current Channel

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 343832-A** Sun., 7/2-8/27 9:15-10:00 AM (9 classes) Res \$72, Non-Res \$79

Register early to avoid program cancellation due to low enrollment.



Health & Fitness



Health & Fitness



Register early to avoid program cancellation due to low enrollment.

MONDAY

Bootcamp

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

Instructor: Marcie Nicastro
Location: PCC
Dates: **Code: 341866-B** M., 6/26-8/28 (ex. 7/3) 6:15-7:15 PM (9 classes)
 Res \$72, Non-Res \$79

WEDNESDAY

Thighs & Tris

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

Instructor: Anne Marie Cymerman
Location: PCC
Dates: **Code: 341885-A** W., 6/28-8/30 (ex. 2 TBA) 5:30-6:30 PM (8 classes)
 Res \$64, Non-Res \$70

TUESDAY

Zumba

Ages: 16 years and over
 Ditch the workout...join the party! Zumba blends hypnotic Latin rhythms and easy to follow moves. Routines feature interval training sessions where fast and slow rhythms and resistance training combine to tone and sculpt your body while burning fat. A toning segment is included.

Instructor: Frankie Englebert
Location: PCC
Dates: **Code: 341810-E** Tu., 7/11-8/29 6:00-7:00 PM (8 classes) Res \$64, Non-Res \$70

THURSDAY

Hatha Yoga

Ages: 18 years and over
 A well-rounded class that begins with centering and breath work, allowing the body and mind to arrive fully to the practice. Class will move into openings of the spine, hips and shoulders with traditional poses and moderate movement. Ample time is given to explore and enjoy the poses, including a long savasana. Suitable for all levels, including beginners. Must bring your own yoga mat!

Instructor: Kass Degus
Location: PCC
Dates: **Code: 341807-A** Th., 6/29-8/31 (ex. 7/6, 8/24) 11:30 AM-12:30 PM (8 classes) Res \$64, Non-Res \$70

Interval Training

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

Instructor: Jillian Heinold
Location: PCC
Dates: **Code: 341856-A** Th., 6/29-9/7 (ex. 3 TBA) 4:30-5:20 PM (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., 6/29-9/7 (ex. 3 TBA) 5:30-6:30 PM (8 classes)
 Res \$64, Non-Res \$70

Zumba Toning

Ages: 16 years and over
 This class uses the international rhythms and steps of a regular Zumba class but incorporates the use of small hand-weights or toning sticks to get a more intensive muscle workout. Tone and dance!

Instructor: Frankie Englebert
Location: PCC
Dates: **Code: 341810-A** Th., 7/6-8/24 6:00-7:00 PM (8 classes) Res \$64, Non-Res \$70

Drop In

Available for classes without full roster:

Aerobics:

\$9.00 Res./\$10.00 Non-Res.

Group Cycle:

\$10.00 Res./\$11.00 Non-Res.

Anne Marie Cymerman
 AFAA

Kass Degus
 Yoga

Frankie Englebert
 Zumba, Zumba Toning

Jillian Heinold
 ACE

Marcie Nicastro
 ACE, AFAA, AEA, Move It

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.

Adult Co-Ed Drop In Soccer

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

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

Becoming a Notary Public

Ages: 18 years and over
ONLINE CLASS. Whether you are looking to become a new Notary Public or need a refresher on Notary Law, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal testing and procedures.

Instructor: Kristin A. Cavallaro
Location: ONLINE CLASS
Dates: **Code: 345910-A** Sat., 7/22 9:00 AM-3:00 PM (1 class) Res \$61, Non-Res \$67
Code: 345910-B M., 7/31-8/7 5:30-8:30 PM (2 classes) Res \$61, Non-Res \$67

NEW!! Beginner Pickleball Clinic

Ages: 18 years and over
For people who have never played Pickleball before. Join in on this ONETIME overall Pickleball introduction. Enjoy 2 hours of instruction about all things Pickleball. Find out what everyone is talking about and get started on your Pickleball journey. It is recommended to bring a pickleball paddle if you can. If not, wooden paddles will be available.

Instructors: Scott Tuttle & Pat Danaher
Location: PCC
Date: **Code: 345302-Z** Sun., 7/23 12:00-2:00 PM (1 class) Res \$20, Non-Res \$22

NEW!! Beginner Skateboarding

Ages: 14 years and over
Always wanted to try skateboarding but were intimidated to just go and get out there? Learn the basics here to get you started on the right (or left) foot. Information on proper gear for you, learning your stance, help with balance, taking the first push, etc. will be provided. This class takes place on a flat, paved surface. In the event of inclement weather, class will be pushed out one week.

Instructors: Erik Miller & Paul Phillips
Location: Kreag Road Park
Dates: **Code: 345908-B** Sun., 7/2-7/23 11:45 AM-1:15 PM (4 classes) Res \$35, Non-Res \$39

Beginning Wood Turning

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

Instructor: Finger Lakes Wood Turners Members
Location: PCC
Date: **Code: 345879-A** Sat., 8/12 9:00 AM-1:00 PM (1 class) Res \$40, Non-Res \$44

NEW!! Birches on Double Canvas – Acrylic Painting Class

Ages: 15 years and over
Learning how to paint is like most things...a learning curve. It's a myth that we are born just knowing how to paint. No experience necessary. Acrylics is one of the most forgiving mediums. If you don't like something you've painted...wait a minute and you can paint right over the top of it. In this class, Lesley will teach you painting techniques that will help you produce beautiful birches.

Instructor: Lesley Shakespeare
Location: PCC
Date: **Code: 342803-A** Th., 6/29 1:00-4:00 PM (1 class) Res \$45, Non-Res \$50

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.

Instructor: Kenneth G. Rainis
Location: PCC
Dates: **10-17 years/Veterans**
Code: 375841-A Sat., 6/10 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28
Code: 375841-B Sat., 7/8 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28
Code: 375841-C Sat., 8/12 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28
18 years and over
Code: 375841-AA Sat., 6/10 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55
Code: 375841-BB Sat., 7/8 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55
Code: 375841-CC Sat., 8/12 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55



ADULT PROGRAMS

NEW!! Colored Pencil Drawing – Botanicals – Beginners

Ages: 15 years and over
Colored pencil is a relaxing medium to work in and easier than you would think. In this class, students create two drawings; one on white paper and one on black paper. Lesley will discuss drawing materials in the first class and then demonstrate how to follow the line for drawing and other techniques. Blending, layering and highlighting will also be demonstrated.

Instructor: Lesley Shakespeare
Location: PCC
Dates: **Code: 342806-A** Th., 6/8-6/15 1:00-3:30 PM (2 classes) Res \$48, Non-Res \$53

DANCE PROGRAMS

Ballroom Dancing

Ages: 14 years and over
Instructor: Maureen Hickey
Location: PCC

Night Club Two Step

BEGINNER LEVEL. This is the dance that you can do to very pretty slow romantic songs. It will be so nice to have moves to use to impress at your next social function. The hour will fly by as we listen to some of the most beautiful songs ever recorded! Couples and singles are welcome. Rotating partners is optional.

Dates: **Code: 346867-A** M., 6/26-7/24 6:30-7:30 PM (5 classes) Res \$45, Non-Res \$50

Hustle

INTERMEDIATE LEVEL. Hustle is one of the most versatile dances ever invented. You can dance it to '70s disco tunes and to many of the current popular artists performing today! It is also the type of dance that I would use to a "party band" playlist. Couples and singles are welcome. Rotating partners is optional.

Dates: **Code: 346867-B** M., 6/26-7/24 7:30-8:30 PM (5 classes) Res \$45, Non-Res \$50

Bolero

BEGINNER LEVEL. Another beautiful dance to use with slow romantic love songs. Bolero is a little bit like a smooth dance and also a little bit like a Latin dance. Come join the class to find out why it is a hybrid. The dance flows nicely and feels very elegant. Couples and singles are welcome. Rotating partners is optional.

Dates: **Code: 346867-C** M., 7/31-8/28 6:30-7:30 PM (5 classes) Res \$45, Non-Res \$50

West Coast Swing

INTERMEDIATE LEVEL. Dancers should be familiar with sugar pushes, side passes and whips to join this class. Emphasis will be on connection with your partner and using whip variations. Couples and singles are welcome. Rotating partners is optional.

Dates: **Code: 346867-D** M., 7/31-8/28 7:30-8:30 PM (5 classes) Res \$45, Non-Res \$50

Combo Class

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

Dates: **Code: 346867-AB** M., 6/26-7/24 6:30-8:30 PM (5 classes) Res \$81, Non-Res \$89
Code: 346867-CD M., 7/31-8/28 6:30-8:30 PM (5 classes) Res \$81, Non-Res \$89

Bellydance

Ages: 18 years and over
Belly Dance will have you moving like you never thought you could. Join us for fun and fitness. Improve your balance, coordination and flexibility while learning this beautiful ancient art form. Beginner and experienced dancers welcome, but no experience is necessary.

Instructor: Deborah Robinson
Location: PCC
Dates: **Code: 346100-A** W., 6/28-7/19 7:00-8:00 PM (4 classes) Res \$40, Non-Res \$44

NEW!! Seated Ballet

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

Instructor: M.C. Classical Productions
Location: PCC
Dates: **Code: 346870-A** Th., 6/29-7/27 6:45-7:30 PM (5 classes) Res \$50, Non-Res \$55
Code: 346870-B Th., 8/3-8/31 6:45-7:30 PM (5 classes) Res \$50, Non-Res \$55

DOG OBEDIENCE

NEW!! Advanced Manners

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

Instructor: Gregory Fiete
Location: Lion's Den Teen Center
Dates: **Code: 345937-A** Tu., 8/15-9/12 7:15-8:15 PM (5 classes) Res \$180, Non-Res \$190

Basic Manners

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

Instructor: Gregory Fiete
Location: Lion's Den Teen Center
Dates: **Code: 345849-A** Tu., 8/15-9/12 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190

NEW!! Dog Enrichment: Tricks and Brain Games

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

Instructor: Gregory Fiete
Location: Lion's Den Teen Center
Dates: **Code: 345938-A** Tu., 7/18-8/1 6:00-7:00 PM (3 classes) Res \$100, Non-Res \$110

NEW!! Reliable Recalls

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

Instructor: Gregory Fiete
Location: Lion's Den Teen Center
Dates: **Code: 345939-A** Th., 7/20-8/3 6:00-7:00 PM (3 classes)
 Res \$100, Non-Res \$110

FINANCE

Fund Your Future

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

Instructor: Michael Cudlipp
Location: PCC
Dates: **Code: 345931-A** Sat., 8/5 10:00 AM-12:00 PM (1 class) No charge

Interactive Financial Plan

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

Instructor: Alex Neri
Location: PCC
Date: **Code: 345900-B** M., 8/14 6:00-7:30 PM (1 class) No charge

**Life After Work:
 Retirement Distribution Planning**

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

Instructor: Tomas Aponte, RICP
Location: PCC
Dates: **Code: 345902-C** Tu., 7/11 5:00-6:00 PM (1 class) No charge
Code: 345902-D Tu., 8/1 5:00-6:00 PM (1 class) No charge

Medicare: The A, B, C and Ds

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

Instructor: Bill Gilbert & Susan Alldredge
Location: PCC
Dates: **Code: 345928-A** Tu., 7/11 6:00-7:30 PM (1 class) No charge
Code: 345928-B Tu., 8/8 6:00-7:30 PM (1 class) No charge
Code: 345928-C Tu., 9/12 6:00-7:30 PM (1 class) No charge

Retirement Distribution Planning

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

Instructor: Alex Neri
Location: PCC
Date: **Code: 345900-A** M., 7/17 6:00-7:30 PM (1 class) No charge

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

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

Instructor: Tomas Aponte, RICP
Location: PCC
Dates: **Code: 345902-A** Tu., 7/18 5:00-6:00 PM (1 class) No charge
Code: 345902-B Tu., 8/8 5:00-6:00 PM (1 class) No charge

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

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

Instructor: Tomas Aponte, RICP
Location: PCC
Dates: **Code: 345902-E** Tu., 7/25 5:00-6:00 PM (1 class) No charge
Code: 345902-F Tu., 8/15 5:00-6:00 PM (1 class) No charge

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

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

Instructor: Robert Opett
Location: PCC
Date: **Code: 348103-A** Tu., 8/29 7:00-8:15 PM (1 class) Res \$10, Non-Res \$11

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

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

Instructor: Robert Opett
Location: PCC
Date: **Code: 348103-B** W., 8/30 7:00-8:15 PM (1 class) Res \$10, Non-Res \$11

ADULT PROGRAMS

Iaido – Learn Samurai Sword Techniques!

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

Instructors: J. Jordan & D. Stolka
Location: PCC
Dates: **Code: 345821-A** W., 6/28-9/6 7:00-8:00 PM (11 classes) Res \$120, Non-Res \$130

Intro to Rowing

Ages: 18 years and over
Learn the basics of rowing at the Pittsford Indoor Rowing Center, a facility in which water tanks are used to simulate outdoor rowing. If you enjoy the class, you can then enroll in Rochester Boat Club's Learn to Row program, where you will row on the water. Please wear stretchy, fitted exercise clothes and bring a water bottle.

Instructors: Rochester Boat Club
Location: Pittsford Indoor Rowing Center, 2800 Clover Street, Pittsford
Dates: **Code: 245840-A** Sun., 6/4 1:00-3:00 PM (1 class) Res \$5, Non-Res \$6
Code: 245840-B Sun., 7/16 1:00-3:00 PM (1 class) Res \$5, Non-Res \$6
Code: 245840-C Sun., 11/12 1:00-3:00 PM (1 class) Res \$5, Non-Res \$6

Isshin-Ryu Karate – Beginner Through Yellow Belt

See Youth & Teen page 32

Isshin-Ryu Karate – Orange Through Purple Belt

See Youth & Teen page 32

Isshin-Ryu Karate – Intermediate Orange Through Black Belt

See Youth & Teen page 32

Isshin-Ryu Karate – Black Belts

See Youth & Teen page 32



Learn to Skate

Ages: 13 years and over
This program offers a teen and adult skating curriculum for those looking to skate for fun, fitness, or to start a new adventure in figure skating or hockey. The program promotes physical fitness and improved balance and coordination while learning proper skating techniques on the ice. An additional \$20 fee must be paid to the instructor at the first class that goes to US Figure Skating for insurance coverage. Skate rental available for \$15 for the 3 weeks.

Instructor: Pamela Warren
Location: Village Sports, 2380 Baird Road
Dates: **Code: 335824-E** W., 7/12-7/26 6:00-6:50 PM (3 classes) Res \$60, Non Res \$66
Code: 335824-F W., 8/2-8/16 6:00-6:50 PM (3 classes) Res \$60, Non-Res \$66

Open Art Studio

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

Instructor: Danica Glamack
Location: PCC
Dates: **Code: 342830-B** Tu., 6/27-9/5 (ex. 7/4) 1:00-3:30 PM (10 classes) Res \$83, Non-Res \$91

Small Group Training

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

Instructor: Alyssa Ziolk
Location: PCC
Dates: **Code: 342801-A** Tu., 6/27-8/1 (ex. 7/4) 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160
Code: 342801-B Tu., 8/8-9/5 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160
Code: 342801-C Th., 6/29-8/3 (ex. 7/6) 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160
Code: 342801-D Th., 8/10-9/7 (ex. 8/24) 1:00-1:50 PM (4 classes) Res \$120, Non-Res \$130



NEW!! Sunflower on Canvas – Acrylic Painting Class

Ages: 15 years and over
 A popular class this time of year when our sunflowers are starting to bloom. Lesley introduces you to easy painting techniques that make it possible to produce a beautiful sunflower painting. Working on a 10"x20" canvas, Lesley will teach you how to paint "one stroke" leaves and petals. No experience necessary. You will be amazed! All materials supplied.

Instructor: Lesley Shakespeare
Location: PCC
Dates: **Code: 342805-A** Sun., 8/6 1:00-4:00 PM (1 class) Res \$45, Non-Res \$50

Tai Chi (Yang Style, Long Form)

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

Instructor: Binh N. Tran
Location: PCC
Dates: **Code: 345855-A** Sat., 7/1-9/9 9:00-10:30 AM (11 classes) Res \$88, Non-Res \$97

TOPS Club – Take Off Pounds Sensibly

TOPS is celebrating 75 years as a non-profit support group to help members lose and maintain weight. The club meets every Wednesday evening at the Perinton Community Center, Room 209 with weigh in starting at 5:00 PM. Please come join us for a free no-obligation meeting to see how we can help and support you in your weight-loss journey. Everyone is welcome! Please note: TOPS is not a Perinton Recreation and Parks program. Registration will be done through the TOPS club. To learn more about TOPS visit www.tops.org, or call 315-777-3946.

Location: PCC
Dates: W., year-round, 5:00-7:00 PM
Not available on WebTrac.

Understanding Electric Vehicles

Ages: 18 years and over
 This 3-class course is aimed at adults who are considering purchasing an Electric Vehicle (EV), Full EV or Plug in Hybrid EV, or have recently purchased an Electric Vehicle. It describes the differences between driving, refueling, and maintaining electric vs gas powered vehicles. It will detail what to know and what is required to charge an EV at home or on the road.

Instructor: John Bednarczyk
Location: PCC
Dates: **Code: 275842-A** Tu., 6/6-6/20 6:00-7:00 PM (3 classes) Res \$36, Non-Res \$40
Please note, registration for this class is already open, as it was listed in the Spring Brochure.

Watercolor Painting Class

Ages: 18 years and over
 Have you always wanted to paint, but were not sure where to begin? In this class, you will learn the fundamentals of watercolor painting. Learn layout, composition, color theory, and technique. Bring to life the world around you in beautiful, full color. Students will need to purchase: 2H pencil, eraser, #2 and #4 round brush, 1/4" flat brush, 6-8 tubes of watercolor paint, pad of 140lb rough press watercolor paper, container for water, plastic palette and paper towels.

Instructor: Brian Petty
Location: PCC
Dates: **Code: 344800-A** M., 7/10-7/31 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83
Code: 344800-B M., 8/7-8/28 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83

Western Riding for All Ages

See Youth & Teen page 34

Zoom Into Spanish

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

Instructor: Zoom Into Spanish - Lourdes de la Colina-Scofield
Location: PCC
Dates: **Basics I**

Code: 332878-A Th., 6/29-8/3 (ex. 7/6) 10:00-10:55 AM (5 classes) Res \$135, Non-Res \$145

Code: 332878-E Th., 8/10-9/7 10:00-10:55 AM (5 classes) Res \$135, Non-Res \$145

Basics II

Code: 332878-B Th., 6/29-8/3 (ex. 7/6) 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145

Code: 332878-F Th., 8/10-9/7 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145

Basics III

Code: 332878-C Th., 6/29-8/3 (ex. 7/6) 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145

Code: 332878-G Th., 8/10-9/7 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145

Basics IV

Code: 332878-D Th., 6/29-8/3 (ex. 7/6) 1:00-1:55 PM (5 classes) Res \$135, Non-Res \$145

Code: 332878-H Th., 8/10-9/7 1:00-1:55 PM (5 classes) Res \$135, Non-Res \$145



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

PERINTON 55+

Office Hours

Monday through Friday

7:30am - 4:00pm

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



**Genesee Valley
Physical Therapy**
Offering the Highest Quality of Aquatic &
Land Therapy Exercises

Don't wait to start feeling better!
Direct Access / No Prescription, or Referral Necessary
Call 377-9626 to schedule and appointment or stop
in Room #210

HOURS

Mon & Wed: 9am-7pm
Tue & Thur: 8am-7pm
Fri: 8am-2pm

Monthly educational sessions the second Wednesday
of the month!

CURBSIDE TO-GO

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

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

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



PERINTON AMBULANCE

Blood Pressure Checks

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

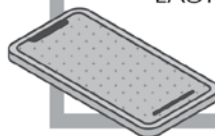
TECH CLASSES

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

LAST WEDNESDAY EVERY MONTH!

1:00 - 2:30 PM

Registration Required



PERINTON



PROGRAMMING

SUBURBAN DRIVING

This is a NYSDMV approved 6 hr. Accident Prevention Workshop, Point/Insurance Reduction Defensive Driving Class that will allow you to apply for a 10% discount on your vehicle insurance for the next 3 years. This course will also reduce up to 4 points from your driving record net total and improve your skills at accident prevention.

Call 223 1617 to register or on WEBTRAC: 882299

DETAILS:

Class time is 9:00 AM - 3:00 PM, with a 30 minute break.

PRE-REGISTRATION REQUIRED.

Cost: \$32.00

Room 208B

DATES

June 13th, 2023

September 12th, 2023

July 11th, 2023

October 10th, 2023

August 8th, 2023

November 14th, 2023

December 12th, 2023

COMMUNITY GAME ROOM SCHEDULE

MONDAYS

Bingo @ 1:00 PM

Mah Jongg @ 1:00 PM



TUESDAYS

Mah Jongg @ 9:30 AM

Euchre @ 12:30 PM

Pinochle @ 3:00 PM



WEDNESDAYS

Bridge @ 12:45 PM



THURSDAYS

Mah Jongg @ 9:30 AM + 1:00 PM

Hand & Foot @ 1:00 PM

Pinochle @ 2:00 PM



FRIDAYS

Pokeno @ 12:45 PM



55+ E-NEWSLETTER



The best way to stay informed about all scheduled programming is to subscribe to the 55+ E-NEWSLETTER. Every Wednesday evening, you'll receive the following week's Curbside Lunch menus along with information about all other scheduled events.

Call 223-1617 or on WEBTRAC: 856016

SENIOR CHORUS



Do you like to sing?

Make new friends, share your talent, join the Perinton Senior Chorus!

The choir meets at 2:00 PM on Tuesdays at the PCC (Room 204 A/B) and performs seasonally for senior living communities, nursing homes, and various senior groups.

Visit the 55+ Community Room or call 223-1617 for more information

55+ FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:50 - Dylan Senior Core & More Aerobics Room	8:30 - Karen Classic Room 204 A/B	8:00 - Dylan Circuit Room 204 A/B	8:30 - Denise Classic Room 204 A/B	8:00 - Karen Bone Builder Class Aerobics Room
8:00 - Kristi Tai-Yo Room 204 A/B	8:35 - Marsha Young Aqua Fit Lap Pool	8:00 - Joween Step Interval Aerobics Room	8:30 - Karen Experience Aerobics Room	8:00 - Joween Yoga Room 204 A/B
9:00 - Andie Yoga Room 204 A/B	9:30 - Karen Circuit Room 204 A/B	9:00 - Dylan Yoga Room 204 A/B	9:30 - Denise Experience Room 204 A/B	9:00 - Joween CardioFit Room 204 A/B
9:00 - Kristi Zumba Gold Light Aerobics Room	9:30 - Dylan Zumba Gold Aerobics Room	9:00 - Joween CardioFit Aerobics Room	9:30 - Dylan Zumba Gold Aerobics Room	9:00 - Marjory Total Body Aqua Size (Water in Motion) Lap Pool
9:00 - Marjory Total Body Aqua Size (Water in Motion) Lap Pool	9:30 - Marsha Young Bodies in Motion Current Channel	9:00 - Andie Boom Muscle Room 208B	9:30 - Marsha Young Aqua Endurance (Bodies in Motion) Current Channel	9:00 - Dylan Zumba Gold Aerobics Room
10:00 - Kristi Classic Room 204 A/B	10:30 - Dylan Classic Room 204 A/B	10:00am - Joween Yoga Aerobics Room	10:30 - Dylan Classic Room 204 A/B	10:00 - Joween Classic Room 204 A/B
10:00 - Denise Circuit Aerobics Room	10:30 - Kristi CardioFit Aerobics Room	10:00 - Kristi Classic Room 204 A/B	10:30 - Marsha Young Aqua Circuit Current Channel	10:00 - Marjory Let's Get Moving Lap Pool
10:05 - Marjory CIRCLE AQUA VOLLEY BEACH BALL Lap Pool	10:30 - Marsha Young Aqua Circuit Current Channel	10:00 - Marjory Let's Get Moving Lap Pool	11:30 - Karen Bone Builder Class Aerobics Room	 <p>Scan me with your smart phone to go to the reservation website!</p>
11:00 - Kristi Zumba Gold Room 204 A/B	11:30 - Dylan Yoga Room 204 A/B	10:00 - Andie Classic Room 208B	11:30 - Dylan Yoga Room 204 A/B	
11:00 - Denise Booty Barre Aerobics Room	11:30 - Kristi Seasoned Beginner Line Dance Aerobics Room	11:00 - Kristi Zumba Gold Room 204 A/B		
11:45 - Denise Cardio Kickboxing Aerobics Room		12:00 pm - Kristi Silent Movement & Meditation Room 208B		
		12:00 pm - Karen Bone Builder Class Aerobics Room		

Starts 4/12

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



55+ FITNESS CLASS DESCRIPTIONS

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic bands, and a ball are offered for resistance. A chair is used for seated and/or standing support. Class time: 45 minutes

SilverSneakers Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weight, elastic bands, and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. Class time: 45 minutes

SilverSneakers CardioFit

Get up and go with an aerobics class for you; safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low or high/low impact movement, and upper-body strength, core conditioning, stretching and relaxation exercises designed to energize your active lifestyle. May incorporate floorwork. Class time: 45 minutes

SilverSneakers Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Class time: 45 minutes

Bone Builder

Activate your muscles to build stronger bones in this fun, strength-training class. The class consists of short, intense, cardio- segments with alternating , slower-paced, weight-bearing exercises. The goal is to increase our muscle strength to increase our bones as they respond to increased forces applied to them. Total time: 45 minutes

Tai-Yo

This class is a combination of Ti-Chi and modified yoga. Gentle stretching and movement as nature intended. No forceful movements and low impact. Reinforcing balance, smooth movement, and graceful transitions in movement. Total time: 45 minutes

Bodies in Motion - Water Aerobics

A low-impact full body workout walking with and against the current. Great for muscle, bone, and joint rehabilitation. Class is 45 minutes, walk on your own for the last 15! Total time: 60 minutes

Silent Movement & Meditation

Low impact. Gentle stretch, calm and flow movement. Find the balance you need while strengthening your muscles. We'll work on improving balance and range of motion you are comfortable with. Build confidence in your movement. Class time: 45 minutes

Zumba Gold

Activate 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

Boom Muscle

Boom Muscle is an action-packed, 30-45 minute class intended to help build muscular strength & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. Total time: 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

Aqua Fit

Aqua Fit provides a well-rounded workout that includes cardio, strength, balance, and flexibility. Be prepared to move the entire class; all levels benefit from this fun and challenging music-based water class. Class time: 45 minutes

Let's Get Moving

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

Booty Barre

Come get body changing results in a low to no impact workout for all fitness levels! Barre incorporates flexibility and strengthening moves in all three planes of motion. Barre signature sequencing is great for body alignment, core stability and joint mobility. Glider discs and body bars will also be used. Strengthening floor work completes our workout (alternative moves to floor work will be offered). Class time: 30 minutes

Senior Core & More

A class for seniors who would like to improve their back health, gain strength in their core, leg and arm muscles, improve muscle tone, and increase their stability and flexibility. We will use hand weights, body bars, bands, stability balls and our own body weight for a total body strengthener with an emphasis on the core. Attendees will need to get down to and up from the floor. Total time: 45 minutes

Line Dance - Novice/Low Intermediate (begins 9/11/23)

Have fun while expressing yourself as you dance through a variety of music genres. Build on your basic dance and aerobic steps, adding new steps and new styles to your repertoire. But most of all, keep moving and keep smiling. 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 \$4.50 Drop-In Fee or you may purchase a 10-class pass for \$40.00 or an unlimited monthly class pass for \$45.00. Schedule is subject to change. Call 223-1617 with questions. **You must reserve your space in class on the Acuity website.** Visit www.perinton.org and click on "PCC Schedules." These classes are found under "55+ Fitness Classes."

PERINTON **55+** FITNESS



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

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

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

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

WHAT DO I DO? WHERE DO I GO?

If you are registering for the first time OR you have changed insurance companies for 2023/2024, bring your insurance card, and your fitness ID# (if you have received it from your health insurance carrier) to the Community Center. If visiting between the hours of 7:30 AM and 4:00 PM, please stop by the 55+ Office. If visiting after office hours or on the weekend, any clerk at the front desk, or downstairs desk, should be able to register you or renew you. If renewing your membership and your insurance company has not changed in 2023, you can call our office (223-1617) or the main desk (223-5050), or stop by our office and we can renew you.

I'M REGISTERED! NOW WHAT?

Make fitness part of your daily and weekly routine. The Community Center is open from 6:00 AM to 7:00 PM, Monday through Friday. On Saturday, 7:00 AM to 7:00 PM, and on Sunday, 9:00 AM to 2:00 PM. Our 55+ fitness schedule has over 30+ classes Monday through Friday. Opportunities to swim laps and water walk are offered daily. Due to Covid-19, all fitness classes require a reservation. Reservations are available 7 days in advance.

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

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

Gift Certificates

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

Volunteering

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

Part-Time Positions

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

ASSET BUILDING IN OUR COMMUNITY

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



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

MISSION STATEMENT

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

Americans with Disabilities Act Compliance

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

ROCHESTER ACCESSIBLE ADVENTURES (RAA)

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

Fairport Central School District

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

INSURANCE INFORMATION

SilverSneakers

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

TOWN OF PERINTON

Perinton Town Board

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David P. Belaskas

Seana L. Sartori

Meredith Stockman-Broadbent

Alexandra Winner

Janelle Reed, Town Clerk

Recreation and Parks Advisory Board

Al Chesonis, Chairperson

Michael Coppola

James A Donahue

Paul M. Fioravanti

Jayne LaFay

James Unckless

Perinton Recreation and Parks Department

1350 Turk Hill Road, Fairport, New York 14450

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

24 Hour Program Information & Cancellation Line: 425-1170

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

Staff serving your recreation needs:

Jeff Nutting, CPRP - Commissioner of Recreation and Parks

Nick Berlin, CPRP - Recreation Director

Kelly Attridge - Assistant Recreation Director

Jeff Ackerman - Senior Recreation Supervisor

Michael Clark - Recreation Supervisor

Sydney Mooney - Recreation Supervisor

Joe Kincaid - Recreation Supervisor

Laura Silins - Pool Supervisor

Sean Anne - Lifeguard Lieutenant

Anke Applebaum - 55+ Program Supervisor

Amanda Tinsley - Senior Office Clerk

Michelle Reus - Office Clerk

Maggie Monsen - Office Clerk

Rebecca Drumm - Office Clerk

Scott Allen - Maintenance Mechanic

Mike Sozio - PCC Custodian

Jon Pitre - Building Attendant

Chris Dudley - Director of Parks

Dillon Dayton - Parks Foreman

Dan Frederes - Shop Mechanic

Rob Cooper - Ground Equipment Operator

Michael Lioudis, CPSI - Ground Equipment Operator

Matt Loveless - Ground Equipment Operator

Noah Brown - Laborer

Sam Battaglia - Laborer

Silver&Fit

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

Renew Active

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

REGISTRATION INFORMATION

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

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

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

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

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

REFUND POLICY

A refund for any reason will be given only if applied for at least seven calendar days prior to the start date of the program. Refunds after this period will be given on a pro-rated basis and only when accompanied by a signed doctor's certificate indicating an inability to participate, or appropriate documentation evidencing personal emergency or hardship. A \$7.00 processing fee, per participant, per program, will be charged for all refunds. A \$7.00 fee will be charged for each participant transfer request. Program cancellation and transfer requests must be made in writing, and request forms are available at the Community Center reception desk or online at www.perinton.org. 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

At Perinton Recreation and Parks, we are striving to serve all people in our community by becoming increasingly accessible and by providing an inclusive environment in which to recreate. To meet this need, our Department is committed to providing assistance and reasonable accommodations to individuals with disabilities to access services and programs offered by the Department. Several department staff are trained and certified as Inclusion Assessors and work in partnership with Rochester Accessible Adventures (RAA).

We encourage you to reach out to us with any questions, concerns, or to discuss accommodations that we might make to help your experience with us be more positive. Please contact us at any time.

We are looking forward to working with you!

Kelly Attridge,
Assistant Recreation Director and Inclusion Coordinator
Perinton Recreation and Parks
585-223-5050 • kattridge@perinton.org



Note: Site Assessments: Our facilities and parks have been assessed to enable you to make a more informed decision regarding accessibility for you. The individual assessments may be found at <https://search.inclusiverec.org/>.

FINANCIAL SCHOLARSHIPS

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



REGISTRATION

Residents – Registration begins M., June 5, 2023 at 10:00 AM
Non-Residents – Registration begins M., June 12, 2023 at 10:00 AM

REGISTRATION PROCEDURES

1. Complete the registration form.
2. Enclose the registration form and payment in an envelope.
 - Clearly list alternate choice if first choice is not available.
 - If you are enrolled in your 2nd choice, you will not be put on the waitlist of your 1st choice.
 - If paying by check, separate checks requested for each program.
 - Make checks payable to: Perinton Recreation and Parks Department
 - A \$20 fee will be charged for all returned checks.
 - Acceptable forms of payment:

Credit Card    , Check or Cash

3. Place the envelope in the Drop Box located at the main entrance to the Perinton Community Center.

OR

Mail your envelope to Perinton Recreation and Parks Department,
1350 Turk Hill Road, Fairport, NY 14450

- Placing CASH in the Drop Box or mail is not encouraged.

4. Registrations on WebTrac begin at 10:00 AM on 6/5 (Residents) and at 10:00 AM on 6/12 (Non-residents).

HOW REGISTRATIONS ARE PROCESSED

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

PLEASE NOTE:

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

PLEASE READ THE REFUND POLICY:

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

PLEASE RETURN COMPLETE REGISTRATION SHEET (FULL PAGE)

HOUSEHOLD INFORMATION

NAME _____ (Adult's first and last name) NAME _____ (Adult's first and last name)

ADDRESS _____ ADDRESS _____

HOME # _____ WORK # _____ HOME # _____ WORK # _____

EMERGENCY # _____ CELL# _____ EMERGENCY # _____ CELL# _____

E-MAIL _____ E-MAIL _____

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

Statement of current medical conditions, allergies or medications: _____

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

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

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

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

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

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

Participant Name	Grade	Birth Date	Sex	Class Code	Program Name	Fee	2 nd Choice Code

Total Amount: \$ _____

* Check here if you would NOT like your receipt emailed: _____ (Checks Payable to Perinton Recreation & Parks Department)

INDICATE METHOD OF PAYMENT: CASH _____ CHECK* _____  _____  _____  _____

NAME AS IT APPEARS ON CARD _____

CREDIT CARD NO. _____ EXPIRATION DATE _____ AMOUNT _____

SIGNATURE OF CARD HOLDER _____

Receipt # _____ (for office use only) *Separate checks required for each program



Perinton Recreation and Parks Department

1350 Turk Hill Road
Fairport, NY 14450

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Fairport, NY
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PERINTON TOWN OFFICIALS

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

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*Brett Stokoe
PT, DPT*



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



Tess Kelly, PTA



GeneseeValleyPT.com



DID YOU KNOW ... we're here!

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

Call 364-0136 or stop in and say hello!

Perinton Community Center

1350 Turk Hill Rd., Room #210, Fairport

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