



# Perinton

## Recreation & Parks

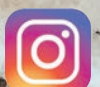
[www.perinton.org](http://www.perinton.org)



Registration Begins  
Thursday, January 2nd at 10 AM

Town Supervisor's  
Message Page 3

2025  
*Winter*  
Programs





# JAMES E. SMITH CENTER

## JAMES E. SMITH CENTER

1350 Turk Hill Road

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

Sat. 7:00 AM-7:00 PM

Sun. 9:00 AM-6:00 PM

Office: 223-5050

Fax: 223-4045

### THE INDOOR TRACK

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

### THE FITNESS/WELLNESS CENTER

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

### THE AQUATIC CENTER

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

### DROP-IN FITNESS CLASSES

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

### PASS FEES

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

### ROOMS AND GYM FOR RENT

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

### POOL BIRTHDAY PARTIES

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

### GYM DROP-IN PROGRAMS

Drop-In Programs are available for all ages. Admission is \$5.75 per person with proof of residency. Admission for non-residents is \$7.50. **All participants must show ID every time.** 10X stamp passes are available to residents (\$46.00) and non-residents (\$62.00). For RESIDENTS, 14 years and over: Show your monthly or 20 Visit Fitness Pass and get \$1.00 off your daily drop-in fee or half off your purchase of a new stamp pass. **All participants must still sign in at the registration desk for basketball/volleyball/pickleball/table tennis and/or fitness/aquatic area(s).**

## DAILY FAMILY PASS FOR AQUATICS

(Perinton Residents)

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

RESIDENT							NON-RESIDENT			
	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)	College Student	Active Military	Child* (13/under)	Youth (14-18)	Adult (19-54)	Senior (55+)
<b>Daily</b>	\$4.75	\$5.25	\$7.50	\$5.25	\$5.25	\$5.25	\$7.00	\$8.00	\$12.00	\$8.00
<b>Monthly</b>	\$29.00	\$37.00	\$55.00	\$37.00	\$37.00	\$37.00	\$42.00	\$47.00	\$74.00	\$47.00
<b>20 Visit</b>	\$46.00	\$53.00	\$77.00	\$53.00	\$53.00	\$53.00	\$78.00	\$110.00	\$168.00	\$110.00
<b>6 Month</b>	\$147.00	\$179.00	\$278.00	\$179.00	\$179.00	\$179.00	\$189.00	\$236.00	\$347.00	\$236.00
<b>12 Month</b>	\$263.00	\$320.00	\$494.00	\$320.00	\$320.00	\$320.00	\$341.00	\$415.00	\$625.00	\$415.00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
Pickleball Ages 18+ 6:00-8:00 AM		Pickleball Ages 18+ 6:00-8:00 AM		Pickleball Ages 18+ 6:00-8:00 AM						
Basketball Ages 18+ 11:30 AM-1:15 PM	Beginner Pickleball 11:30 AM-1:15 PM	Basketball Ages 18+ 11:30 AM-1:15 PM	Beginner Pickleball 11:30 AM-1:15 PM	Basketball Ages 18+ 11:30 AM-1:15 PM						
Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 1:30-3:15 PM	Pickleball 4:30-6:30 PM	Pickleball 4:15-5:45 PM				
Basketball Ages 30+ 8:15-9:45 PM		Basketball Ages 30+ 8:15-9:45 PM	Volleyball Ages 18+ 6:15-9:00 PM	Volleyball Ages 18+ 6:15-9:00 PM						

Schedule subject to change. View website for current schedule.



Ciaran Hanna  
Town Supervisor

# Town Supervisor's

## Message to the Community

### Greetings!

As we transition into the winter season, I want to take a moment to reflect on what makes Perinton such a remarkable place to live, work, and play. The answer is simple: it's our people. From our dedicated town staff to the countless volunteers who give their time and energy, Perinton thrives because of you.

This season, as we celebrate holidays, enjoy our town's snow-dusted beauty, and look forward to a new year, I encourage everyone to take inspiration from the spirit of service that defines our community.

### A Season of Gratitude

While Winter brings us together to celebrate the holidays, it also brings challenges like snow, ice, and tricky commutes. I want to thank our Public Works Highway crews, who work tirelessly to keep our roads safe. With nearly 460 miles of Town, County, and State roads to plow and salt, their dedication is unmatched. Each year, they prepare our equipment for winter's demands, and their swift response to storms ensures the safety of our residents. As you navigate the snowy season, please prioritize safety by driving cautiously in poor weather conditions, giving plows plenty of space, and never passing a plow.

### Celebrating Volunteers

Perinton's strong sense of community is built on the foundation of volunteerism. From the dedicated members of our local Fire Departments to the compassionate volunteers at the Perinton Food Shelf, countless individuals make a profound difference in our town. There are many ways to give back—whether it's assisting the Food Shelf to ensure no neighbor goes hungry, joining the Crescent Trail Association to help maintain our beautiful trails, or supporting groups like the Rotary, Lions Club, or

VFW. Each organization offers meaningful opportunities to connect with neighbors and contribute to our community. Whether you have a few hours a week or just one afternoon to spare, your involvement matters. If you're interested in volunteering, please don't hesitate to reach out to me or connect directly with these organizations. Your involvement could make all the difference.

### Responsibly Planning for the Future

As we enter a new year, I am pleased to share that our 2025 Town Budget maintains a stable property tax rate of \$2.52 per \$1,000 of assessed value—one of the lowest in Monroe County. This means only \$7 of every \$100 on your tax bill goes to the Town. These funds support critical services, including our parks, trail maintenance, senior and youth programming, Community and Aquatic Center operations, road and drainage improvements, and weekly yard debris pick-up, among others. Thanks to years of careful financial management, the Town has never exceeded New York State's 2% tax cap since its enactment in 2011. Maintaining tax stability remains my top priority each year.

### Wishing You Warmth and Joy

On behalf of the Town of Perinton, I wish you and your family a safe, healthy, and joyful winter and holiday season. If you have any questions or concerns, please don't hesitate to contact me at (585) 223-0770 or via email at [channa@perinton.org](mailto:channa@perinton.org). Thank you for being part of what makes Perinton extraordinary. Together, we will continue building a bright future for our Town.

Warm regards,

Ciaran Hanna, *Town Supervisor*

## Table of Contents

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

### THIS PROPERTY IS

# UNDER REVIEW

### BY THE TOWN OF PERINTON

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

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

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

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

### Town Hall Closings

Dec. 25	Christmas
Jan. 1	New Year's Day
Jan. 20	Martin Luther King Jr. Day
Feb. 17	President's Day

### PCC Closings:

Dec. 25	Christmas
---------	-----------

Recreation & Parks Content Starts on Page 21

# Perinton Town Board Unanimously Adopts 2025 Budget



## Vision FOR THE FUTURE

Unanimously adopted by the Town Board, the 2025 Town Budget presented by Town Supervisor Ciaran Hanna sets the stage for an exciting year of growth and improvements in Perinton. From maintaining a stable tax rate to expanding parks, recreation programs, and new sidewalk projects, this budget is all about enhancing the quality of life for everyone in our community.

Did You Know? Only \$7 of every \$100 in your tax bill funds town services—helping us support youth and senior programs, improve parks, and maintain the 4th lowest tax rate in Monroe County!

This budget is about building a stronger Perinton—supporting families, seniors, and all residents while investing in our town's bright future.



### Supporting Seniors & Families

The Town of Perinton is working to build a future where families thrive through expanded access to affordable recreation, well-maintained parks, and inclusive community spaces. By investing in programs for all ages and ensuring quality spaces for recreation and connection, we aim to create a vibrant, supportive environment where every family can grow, engage, and enjoy a high quality of life. This vision reflects our commitment to building a stronger, more connected community for generations to come.

### Investing in Infrastructure

The Town of Perinton is building a future on a foundation of strong, sustainable infrastructure. By investing in modernized roads, updated facilities, and enhanced public spaces, we aim to create a community that is safer, more efficient, sustainable, and resilient to future challenges. This commitment to infrastructure ensures that residents benefit from reliable services, improved connectivity, and a higher quality of life, paving the way for long-term growth and prosperity for all.

### Responsibly Planning for our Future

The Town of Perinton is committed to long-term financial stability by listening to the needs of our residents and incorporating them into responsible planning. With a reaffirmed AA+ credit rating and a stable tax rate, we continue to strategically invest in essential infrastructure and community enhancements. Our comprehensive Capital Improvement Plan addresses future needs thoughtfully, balancing growth with fiscal responsibility to enhance the quality of life for all residents.

## 2025 Budget Highlights

- ↓ 4th Lowest Tax Rate in Monroe County
- 👤 Stable Property Tax Rate
- ✓ Under NYS Tax Cap
- 🍃 Year-round yard debris collection continues
- 👦 Increased support for youth & senior programs
- 🔥 Continued support for first responders
- 🌳 Boosted Recreation & Parks funding





# 2025 Combined Town & County Tax Collection

## Important Tax Information:

- Tax bills for the upcoming 2025 Combined Town and County tax collection will be mailed the last business day of December 2024.
- Property owners who pay their taxes directly and DO NOT receive their tax bill by January 10th should contact the Town of Perinton Tax Office at (585) 223-0770 or visit the Monroe County website at [www.monroecounty.gov](http://www.monroecounty.gov) for a printed copy.
- In the event that the due date falls on a weekend or holiday, payment will be accepted on the first business day after the weekend or holiday.

## Payment Schedule:

### Full Payments:

- Full payments are due on or before February 10th (interest-free).
- Full payments made after February 10th will accrue interest at the rate of 1.5% per month.

### Installment Payments (all installment payments may be made at the Town Hall):

- First installment payment is due on or before February 10th (interest-free).
- Second installment is due between February 11th – 28th (includes 1.5% interest).
- Third installment is due between March 1st – 31st (includes 3.0% interest).
- Fourth installment is due between April 1st – 30th (includes 4.5% interest).

\*Instructions for payment are included on the back of the first page of the tax bill. The proper payment stub must accompany payment.

## Payment Options:

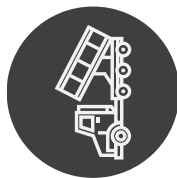
- By check or cash in person at the Town Tax Office (9AM-5PM, Monday through Friday).
  - By check via mail (receipt date determined by U.S. postmark only)
- \*Online Bank Payments – Online bank checks arrive in our office with no U.S. postmark so we must go by the day it arrives in office. Banks discourage the use of online banking for tax payments because they cannot guarantee your payment will be delivered to our office by the due date. If you utilize online banking, you do so at your own risk.
- By check in the Town Tax Drop Box located out front of the Town Hall Entrance– open 24 hours (Must be in tax drop box by end day on tax due dates to ensure no additional interest).
  - By credit card online at [www.monroecounty.gov](http://www.monroecounty.gov) – A fee equaling 2.75% of the total amount paid for any transactions greater than \$100 will be charged by the credit card company when paying by credit or debit card. Payments of \$100 or less will be charged a flat fee of \$2.75.
  - By electronic check online at [www.monroecounty.gov](http://www.monroecounty.gov) – A sliding scale fee is charged based on the amount of payment. Please see the chart on the right.

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

**All payments are made payable to DEBBIE D. BROWN, RECEIVER OF TAXES**

Please contact our office at any time for any questions or concerns. Thank you and Happy Holidays!

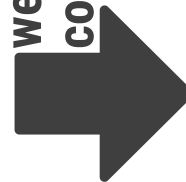
# TOWN OF PERINTON SNOW AND ICE OPERATIONS



## HIGHWAY & ROAD SALTING

- Perinton's Highway Department follows the "Sensible Salting Guidelines" established by the County of Monroe, in conjunction with the Environmental Management Council.
- This policy requires us to use only enough salt to make our highways safe for motorists, but also requires you to **reduce your driving speed according to conditions.**

**REDUCE SPEED**  
in poor weather conditions



## DRIVEWAY CLEARING

- Driveway maintenance is the property owner's responsibility.
- When clearing your driveway, please **keep snow piles on your own property.** Any snow pushed, blown or plowed onto any street is a ticketable offense under both NYS Vehicle and Traffic Law and NYS Penal Law. If a driveway is plowed by a private contractor, both the property owner and plow operator may be ticketed.
- **Snow should be pushed to the left side of the driveway** (as you are facing your house) to minimize the amount of snow going back onto your driveway when Town plows go by.
- **Do not pile leaves in the road; plows will push them back into the yard and/or driveway.**



## WINTER PARKING

- In order to facilitate snow removal and eliminate potential hazards, the **parking of vehicles on all highways, shoulders, or within three feet of the pavement within the Town, is prohibited November 1 - April 1 between the hours of 2:00 a.m. and 7:00 a.m.**
- Vehicles in violation of this ordinance are subject to a parking ticket.
- Repeat violators or vehicles that prevent plowing of a street will be towed and the vehicle's owner will be responsible for all towing and storage charge.



**11/1 - 4/1**  
**2:00 A.M. - 7:00 A.M.**



## MAILBOXES

- It is the Town's policy to either repair mailboxes that are damaged by Town plows during snow plowing operations or replace them with a new mailbox and post.
- There is no legal authority that grants a property owner the right to place a mailbox along a public road right-of-way. However, **our policy of repairing or replacing damaged mailboxes reflects a long-standing Town courtesy to our residents.**
- **We use standard, black metal mailboxes and wooden posts, for replacements as needed.** Residents with expensive, decorative boxes/posts should consider switching them out temporarily with an inexpensive alternative prior to the winter, as we will not replace them in-kind.





# TOWN OF PERINTON SNOW AND ICE OPERATIONS: PLOWING

22

Perinton crews maintain 22 plow routes covering nearly 460 lane miles of Town, County and State roads.



It may take 3-4 hours to complete a typical plow route. Accumulations will occur during this time, we ask that residents please be patient.



Roads within Town are prioritized and treated and plowed in the following order: Primary (main-line roads), Secondary roads, Town subdivision roads & cul-de-sacs.



**NEVER PASS A SNOWPLOW.** Also be aware snowplows will on occasion backup at intersections.



Please remember that the Town is not responsible for removing the windrow created by plowing past your driveway, and is not responsible for the snow that accumulates around your mailbox.



Consider shoveling around any fire hydrant in your neighborhood to clear it of snow.



All snow plows angle the same way, to the drivers' right, and plowing snow will get pushed into the ends of the driveways.



Never assume the snowplow drivers can see you. Stay at least three (3) car lengths behind the truck. If you cannot see the driver in his mirrors, he cannot see you either.



The Town will place snow markers at critical locations. Please feel free to add additional markers as necessary.



The only way to avoid extra shoveling is to wait until the Town crews have gone by and/or have done their final clean up on the street.



Objects in the street are the biggest deterrent to efficient plowing. Remove all basketball backboards and other items from the Town right-of-way. Please do not place garbage cans and recycling containers in the street.

DEPARTMENT OF PUBLIC WORKS - HIGHWAY

( 5 8 5 ) 2 2 3 - 5 1 1 5

# PERINTON PUBLIC WORKS (DPW) COMPLETES MAJOR DRAINAGE PROJECTS

In 2024, the Town of Perinton's Department of Public Works (DPW) successfully completed several significant drainage and infrastructure improvement projects. Planned in advance, these projects aimed to address critical stormwater management issues, strengthen resiliency, and invest in long-term infrastructure improvements across the town. Each project reflects Perinton DPW's dedication to improving stormwater management, reducing erosion, and protecting both public and private property. By completing much of this work in-house and fostering partnerships with outside agency stakeholders, the Perinton Public Works Department saved tax dollars and continues to prioritize cost-effective, sustainable solutions for our residents.

### Brimfield Circle

In partnership with the local school district, DPW addressed drainage concerns for properties along Brimfield Circle. The project included installing a new pipe, catch basin, underdrain, and minor regrading to direct offsite stormwater runoff into the public storm sewer system. The project was constructed by DPW personnel and the school district supplied the material.



### Charing Cross Stream Restoration

DPW reshaped and cleaned approximately 500 linear feet of a regulated stream corridor under permits from the Army Corps of Engineers and the New York State Department of Environmental Conservation (NYS DEC). This project addressed a significant wet backyard condition, providing much-needed drainage relief.

### Utility Access Road Collaboration on Cobbs Lane

In cooperation with Fairport Municipal Commission (FMC), DPW constructed a stabilized utility access road to ensure efficient and stable access to critical infrastructure. This project saves money and time from having to continuously restore damaged lawns when accessing offsite utility poles with heavy equipment. FMC provided input on the design, while DPW handled the permitting and construction of the access road.



### Foley Road Parking Lot Enhancement

In collaboration with Perinton Parks and Recreation, DPW rehabilitated and expanded the parking lot at Foley Road, a popular trailhead for the Crescent Trail. Drainage improvements were also made to address surface erosion issues, ensuring a safer and more functional parking lot.



### Sully's Trail Culvert Cleaning

A 2-cell low-rise precast concrete culvert was cleared of over 500 cubic yards of debris, which was causing erosion and property loss upstream and downstream. By restoring the culvert's capacity, DPW resolved a major drainage concern while preserving adjacent properties.

### Vine Crest Storm Sewer Outfall Repair

To combat significant erosion, which was damaging both private property and public infrastructure near Cabernet Circle, DPW reconstructed and enhanced a storm sewer outfall to better convey stormwater runoff. The work restored stable stormwater discharge and prevented further property damage.



### Kreag Road Drainage Improvements

The Town partnered with a local church to address drainage issues affecting its parking lot. DPW reshaped an existing drainage swale to direct water from town-owned land to the storm sewer system on Kreag Road, protecting both town and church property.

### Southern Hills Detention Pond Maintenance

DPW conducted routine maintenance on the regulated dam structure at the Southern Hills detention pond. Repairs included replacing pipe and stone, addressing erosion at the inlet and outlet control structures, stabilizing the rock-lined spillway, and replacing a partially collapsed pipe. These efforts ensure the detention pond continues to function safely and efficiently.

### Dell Road Culvert Replacement

A deteriorating 48-inch culvert and its headwalls were replaced by DPW to preserve the road shoulder's integrity and prevent further collapse or failure. This culvert improvement project was essential for maintaining Dell Road's structural stability.



# Keep Your Drains Clear This Holiday Season

The holiday season brings joy, gatherings, and delicious meals—but it can also bring plumbing problems if we're not careful. While Brown Friday (the day after Thanksgiving) is behind us, the risk of clogged pipes and overworked drains continues through the holidays as kitchens and bathrooms see extra use.

FOG (fats, oils and grease) discharged into the sewer system not only causes clogs, but also impacts our community. Manholes can overflow into parks, yards, streets, and storm drains, allowing untreated sewage to contaminate local waterways. In addition, businesses like restaurants spend thousands of dollars on plumbing emergencies due to grease blockages. Keeping FOG out of the sewer system helps reduce costly repairs, preserve water quality, and protect our local environment.

Let's make this holiday season memorable for all the right reasons! Follow these tips, and enjoy the festivities with peace of mind.

## 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.



Ciaran Hanna  
Town Supervisor



### 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.

PERINTON PUBLIC WORKS

WWW.PERINTON.ORG

# Make Your Home the Solution to Stormwater Pollution



**BE AN H2O HERO**

**Protect Perinton's  
waterways!**

Be an H2O Hero and help protect our local waterways by preventing stormwater pollution! Stormwater runoff from rainfall or snow melt often carries pollutants like chemicals, litter, and bacteria into storm drains, leading to untreated discharge into nearby waters. According to the Environmental Protection Agency, polluted stormwater is the nation's greatest threat to clean water.

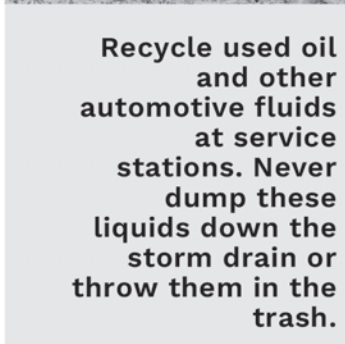
However, you can prevent stormwater pollution by practicing green household habits that keep automotive fluids, detergents, pesticides, fertilizers, grass clippings, and pool discharges out of the storm drain. Remember, only rain down the drain!



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



**Inspect your car for leaks and make repairs promptly. Use absorbent materials like kitty litter or sand to clean spills, then dispose of them in the trash. Never wash a spill into a storm drain.**



**Recycle used oil and other automotive fluids at service stations. Never dump these liquids down the storm drain or throw them in the trash.**



**Save money and protect water quality by using pesticides and fertilizers sparingly or not at all. Avoid broad applications; instead, spot-treat trouble areas only.**



**Use zero-phosphorus fertilizer and sweep the driveway and sidewalk to ensure none enters the storm drain. Local soils usually have enough phosphorus to support healthy turf growth.**



**Install rain barrels to collect roof runoff for your garden, and direct overflow to a rain garden to soak into the ground. This reduces stormwater runoff and protects water quality.**



# Explore Perinton's "Projects of Community Interest"



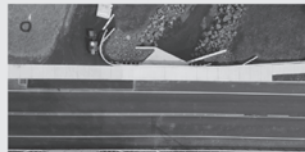
Are you curious about the ongoing projects and construction happening in the Town of Perinton? Want to stay updated on the latest community developments? Look no further than our "Projects of Community Interest" webpage on [www.perinton.org](http://www.perinton.org).

This page provides detailed information on ongoing and upcoming projects, ensuring you're always in the know. Explore this valuable tool today and stay connected with what's happening in Perinton!



## Rochester Ice Center

Plans for an expansion include a third rink totaling 41,750 square feet to the east of their existing building.



## Aldrich Road Improvements

The scope of work includes a new sidewalk, culvert replacement, shoulder widening, and paving maintenance along the length of Aldrich Road.



## Howell Road Park Disc Golf Course

The Town of Perinton is in the early stages of building a new Disc Golf Course in Howell Road Park East.



## Canal Conservation Overlay District

A vital measure passed by the Town Board to safeguard the Erie Canal's future in Perinton.



## Evergreen East (Formerly Pines of Perinton) Rehabilitation

Winn Companies secured the funding for a comprehensive, \$137 million rehabilitation of the 508-unit community.



## DWELL on Jefferson

Aristo's latest project, which will offer eleven boutique flats, and single level condos which range in size from 1200 – 1700 square feet.

See more projects at <https://perinton.org/departments/public-works/building-and-codes-department/pr/>

## Electronics Recycling Program on Pause this Winter



As of November, the Town's Electronics Recycling Collection Program is on pause during the winter due to the facility and staffing demands of our Snow and Ice Program. Residents have several options for electronics recycling during these months. Please scan the QR Code to check our website, [www.perinton.org](http://www.perinton.org), for a full list. Our program will return with electronic recycling opportunities in the Spring.

In 2024, we recycled more than 150,000 lbs of electronics, and we look forward to continuing our efforts to protect the environment and reduce waste in the coming year.

# TOWN SUPERVISOR CIARAN HANNA UNVEILS PLANS FOR A NEW PLAYGROUND AT CENTER PARK WEST

## Community-Driven Design to Enhance Recreation and Inclusion Efforts; Playground Set to Open in 2025.

Perinton Town Supervisor Ciaran Hanna and Recreation & Parks Commissioner Jeff Nutting recently announced exciting plans for a new music-themed playground at Center Park West, slated to open in 2025. This project marks the second phase of the Town's comprehensive 5-Year Playground Revitalization Plan, aimed at modernizing and enhancing aging playground structures.

The new playground will replace the existing equipment installed in 2001, enhancing accessibility and inclusivity for children ages 2 to 12 and beyond. Its music theme will harmonize with the nearby Perinton Amphitheater, and the playground will be strategically relocated closer to the parking lot, restrooms, and picnic pavilion to improve access for all visitors.

"Community engagement is at the heart of our mission," said Supervisor Hanna. "The Town of Perinton is dedicated to providing exceptional recreational opportunities and maintaining our park spaces. Our 5-Year Playground Revitalization Plan reflects our commitment to ensuring that Perinton's parks and playgrounds are accessible and enjoyable for everyone. We are thrilled to unveil a design for Center Park West that is crafted by the community, for the community."

The journey to this new playground began with a community survey in Fall 2023, gathering insights from 180 respondents about their vision for the space. Feedback emphasized the need for inclusive play structures catering to children with varying abilities, with top requests including climbing structures, slides, and accessible surfacing. After a thorough review, the Town has partnered with Parkitects to bring these ideas to life.

The new Center Park West playground will feature play areas for children ages 2-12+, tiered surfaces with slide and climber access, musical instruments, imaginative play, and engaging elements, including:

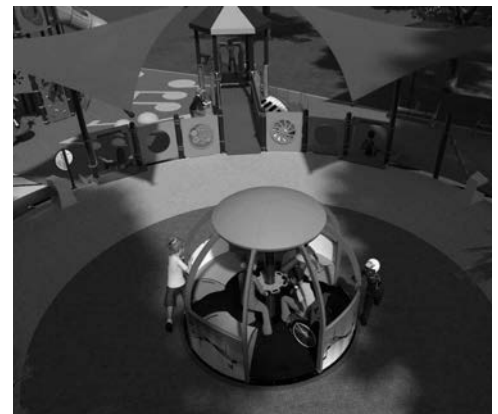
- We-Go-Round: An inclusive spinning structure that promotes sensory, motor, cognitive, and social skills for children of all abilities.
- Rollerslide: An exclusive sensory experience enhancing balance, coordination, and social skills.
- Rain Sound Wheel Panel: An interactive feature encouraging auditory and visual input while developing dexterity, cognitive skills, and imaginative play.

Additional structures will include ramps, benches, shade, slides, climbing features, spring pods, and other music-themed elements, creating a vibrant space where everyone can play alongside their peers of all abilities.

Recreation and Parks Commissioner Jeff Nutting said, "The Center Park West Playground project reflects our commitment to providing accessible and enjoyable outdoor spaces for people of all ages and abilities. This new design, infused with a music theme that resonates with the nearby amphitheater, will create a harmonious blend of play and community spirit."

The Center Park West Playground project is included in the Town's Capital Improvement Plan, with a current cost estimate of \$620,000. The Town is also pursuing federal grant funding for the project, which could lead to enhancements and future phases.

Center Park West is a popular gathering place for residents, featuring soccer fields and proximity to the Perinton Community Center, Perinton Amphitheater, and the RS&E Trolley Trail. The park boasts nearly 49 acres of recreational space, offering a diverse range of activities for families.





# SUCCESSFUL CONCERT SEASON FUELS PERINTON'S NEW "FREE OR FIVE" INITIATIVE

Since 2023, Rochester Events has hosted ticketed concerts featuring nationally touring bands at the Perinton Amphitheater, further highlighting our community's reputation as a thriving destination for live music in the region. The 2024 summer concert season ended on a high note, with over 11,000 tickets sold and unforgettable performances by renowned acts like Blues Traveler and Joe Russo's Almost Dead. These concerts not only attracted visitors from across the U.S. and Canada but also generated over \$11,000 for the Fairport Foundation, a local nonprofit dedicated to enhancing life in Perinton.

Funds generated through ticket sales are also fueling the Town's new "Free or Five" initiative, making it possible for residents to enjoy a variety of recreation events for free or just \$5. This exciting program underscores our commitment to ensuring that recreational activities remain accessible and affordable for all families.

"With the 'Free or Five' initiative, our goal is to remove financial barriers and ensure that our most popular community events are accessible to all families, particularly as living costs continue to rise," said Hanna. "These events are cherished Perinton traditions, and we believe no one should be left out due to financial constraints. By offering them at no cost or just \$5, we are reaffirming our dedication to supporting families and ensuring that everyone can enjoy these valuable experiences and the strong sense of community they foster."

## Making Affordable Recreation a Reality

The "Free or Five" initiative, now in effect, offers a range of events at either no cost or a minimal \$5 fee. This is possible thanks to a collaborative effort involving the Perinton Recreation & Parks Department, local sponsors, and Rochester Events. By working together, the Town is reducing costs for residents while continuing to provide high-quality, family-friendly programming.

"We're excited to offer such a diverse array of events at affordable prices," said Nutting. "From \$5 special events like the Pizza Poll and Valentine's Day Dance to free community favorites like the Gazebo Concert Series and Halloween Parade, there's something for everyone to enjoy. This initiative wouldn't be possible without the support of Rochester Events and our local sponsors."

## Concerts That Gave Back

This summer's Rochester Events concert series at the Perinton Amphitheater not only entertained thousands but also supported local organizations. Proceeds benefited the Fairport Foundation, which collaborates with groups like Learning Links Fairport to provide educational opportunities, as well as the Fairport Public Arts Committee (FPAC), which enriches the area with public art projects. Beyond raising funds, the concerts brought national attention to Perinton, drawing visitors and showcasing the Town's dedication to cultural and recreational excellence.

## "Free or Five" Highlights

\$5 events include favorites like the Perinton Pizza Poll, Valentine's Day Dance, Fishing Derby, Visit with the Grinch, and more. Free events feature the Gazebo Concert Series, Center Stage Concert Series, Halloween Parade, Mighty Machine Mania, Outdoor Movie Night, and many others.

To further support local families, the Town of Perinton offers need-based scholarships through the Perinton Pride Fund, ensuring that financial constraints do not prevent any resident from participating in events.

## Building Community Together

Thanks to partnerships with local sponsors and organizations, the Town continues to invest in recreational programs that bring families together and strengthen community bonds. To support events and help offset additional costs, the Town is seeking additional sponsorships from local businesses and organizations. Sponsorships offer valuable visibility and demonstrate a commitment to the community. Interested businesses are encouraged to reach out to Perinton Recreation & Parks for more information on sponsorship opportunities.

To learn more about the "Free or Five" initiative or sponsorship opportunities, visit [www.perinton.org](http://www.perinton.org). A big thank-you to Rochester Events, the Fairport Foundation, our Town staff, and everyone who helped make this season such a success. Together, we're creating a stronger, more vibrant Perinton for all!



# SCOUT PROJECTS IN PERINTON



## Gaga Ball Pit at Fellows Road Park

A new Gaga Ball Pit at Fellows Road Park was brought to life by the dedication of Troop 208 Eagle Scout AJ Hain. This project showcases the incredible effort and commitment of our local scouts to improve community spaces. The Gaga Ball Pit is a wonderful addition, encouraging active play and community engagement. Such projects highlight the importance of teamwork and the positive changes we can achieve together. We commend AJ Hain and Troop 208 for their hard work and dedication to making Perinton a better place. Be sure to visit Fellows Road Park to enjoy the new Gaga Ball Pit and experience the fun!

## Free Little Library at Kreag Rd. Park

Claire Reid and Sophie Oyesiku from Girl Scouts Troop 60583 made a remarkable contribution to our community with their Silver Award Project. In March, they reached out to the Parks Department with a vision to install a Free Little Library at Kreag Road Park. This addition offers a new way for residents to share the joy of reading, promotes literacy but also fosters a sense of community.



## Bridge & Bench Replacement Hart's Woods

Jackson Newcomb, an upcoming Eagle Scout for BSA Troop 167 replaced the old, dilapidated bridge and bench, rejuvenating this beloved part of our Hart's Woods trails. We can't wait for everyone to enjoy the improvements. A special shout-out to Fairport Municipal Corporation for providing the telephone poles that served as the foundation for the bridge. Their support was invaluable in bringing this project to life!



# Recognizing Excellence: Bill Maier, Perinton 55+

We can't say enough about Bill Maier, a true gem in our 55+ team at the Perinton Community Center. Bill's dedication and passion are evident in everything he does, from driving the senior bus to leading our exciting field trips and birdwatching adventures. Our patrons often mention how knowledgeable he is and how he makes every outing special and unique.



Recently, the Town Board recognized Bill with a "Living the Values" Award for his exceptional public service, going above and beyond to exemplify the Town's core values of integrity, community, respect, customer service, and stewardship.

A valued member of the Recreation & Parks team for many years, Bill started as a nature and photo guide before transitioning to the role of bus driver for senior programs. In this capacity, he manages daily pickups, drop-offs, and scheduled trips with unparalleled organization and dependability. His exceptional service and genuine care are frequently highlighted by our patrons, who value his patience and dedication.

Bill's reliability extends beyond his daily duties. He has been instrumental in providing shuttles for special events and urgent needs, often on short notice. This includes emergency shuttles during construction-related power shutdowns from Evergreen East to the Community Center, as well as transportation for various community events. Bill's thoughtful input on improving services and enhancing the rider experience is invaluable.

In addition to his driving duties, Bill's broad interests have enriched our programming in meaningful ways. He leads a youth frisbee summer camp and coordinates family and senior board game nights, demonstrating his commitment to fostering community engagement. Bill is much more than our friendly bus driver—he is an outstanding representative of our town, whose contributions have left a lasting impact. His dedication, service, and broad influence set a high standard for excellence in our community.

We are deeply grateful for Bill's unwavering commitment to our programs and are proud to celebrate the many ways he makes a difference in our community. His efforts not only improve our services but also inspire and uplift those around him. Bill truly embodies the spirit of service, and we are fortunate to have him as part of our team.

**Scan to see more  
about Bill!**





# Canal Bicentennial Celebration in 2025

By: Town Historian Bill Poray



In 2022 we celebrated two hundred years of canal history in Fairport and Perinton. Navigation on the Erie Canal first commenced through our community in April of 1822. Sections of the canal route were excavated and opened at different times, some earlier and some later than Perinton. The entire canal route from Lake Erie to the Hudson River was completed in 1825. Next year we will take part in a state-wide celebration marking 200 years since the opening of the completed Erie Canal. Fairport and Perinton will play a significant role.



The newly launched replica Seneca Chief in July, 2024.

In anticipation of the Erie Canal Bicentennial, the Buffalo Maritime Center ([buffalomaritimecenter.org](http://buffalomaritimecenter.org)) has built a beautiful and functional full-sized replica of the Seneca Chief. This was this vessel which led the flotilla from Buffalo to New York City, via the newly constructed Erie Canal and the Hudson River. Among other dignitaries, on board for the initial 1825 voyage was New York State Governor DeWitt Clinton, the canal's biggest advocate.

Construction of the 73-foot long, 40-ton replica canal boat was accomplished with the help of over 200 volunteers, led by two professional shipwrights. The project was generously supported by the David & Joan Rogers Family Foundation, the Erie Canalway National Heritage Corridor, the Erie Canal Harbor Development Corporation, and the NYS Canal Corporation.

Perinton and Fairport residents will have a unique opportunity to witness the 2025 Bicentennial Voyage of the Seneca Chief as it makes its way from Buffalo to New York City. The itinerary of stops along the way includes two days in Fairport, September 28th and 29th, 2025. You can be sure we will give a great welcome to the Seneca Chief upon arriving in our fair community.

# First Responder Spotlight: Lt. Taylor Elie, Egypt Fire Dept.

Meet Lt. Taylor Elie, a dedicated volunteer firefighter with the Egypt Fire Department.

Lt. Taylor Elie has been a volunteer at the Egypt Fire Department for over six years. Inspired by a visit to an open house event shortly after his grandmother's passing, Taylor decided to join the department to give back to the community.

Throughout his firefighting career, Taylor has faced numerous challenges and achieved significant milestones. He has completed several courses, including becoming interior qualified, a NYS EMT, and taking advanced vehicle extrication courses. These accomplishments have led him to his current position as First Lieutenant, where he shares his knowledge and experience with fellow firefighters. The dynamic nature of firefighting means that challenges can vary from call to call. The Covid-19 pandemic was particularly challenging, but with the support of Egypt Line Officers, Town of Perinton, Monroe County, and NYS officials, the department continued to serve the community effectively. Balancing time commitments, such as missing personal events for training and meetings, is another challenge Taylor navigates with dedication.

Taylor emphasizes the importance of continuous training, having completed his Firefighter 1 training in Syracuse while attending college and taking additional courses with Monroe County Fire Bureau Instructors. The Egypt Fire Department benefits from the Perinton Joint Training Facility, which provides realistic training scenarios. Weekly trainings at the firehall, led by senior firefighters and officers, further enhance their preparedness. He understands that every call is someone's worst day and takes pride in making a positive impact. The camaraderie and guidance from his team help him navigate challenging situations.

The Egypt Fire Department actively participates in community events to raise awareness about fire prevention. Events like Open House, Truck or Treat, and Recruit NY are designed to be fun and engaging while promoting fire safety. Taylor and his team see these events as opportunities to teach valuable fire safety information.

Balancing work and personal life as a volunteer firefighter can be challenging. Taylor is fortunate that his work allows him to leave for fire calls, and his coworkers are supportive. His fiancée and family also understand the demands of his commitment. Taylor strives to find a balance that works for him, his employer, and his family.

Taylor's family has always been supportive of his firefighting career. His fiancée, Julia, recently joined the Walworth Fire Department Auxiliary. Knowing he has a strong support system at home keeps him motivated.

For those considering a career in fire services, Taylor advises them to talk to firefighters and learn as much as they can. He emphasizes that joining the fire service means becoming part of a family. He believes essential qualities for a good firefighter include the ability to listen, learn, teach others, and maintain a positive attitude. He values the unique bond within the fire service and appreciates the camaraderie and support from his fellow firefighters.



## How to Volunteer

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

### Qualifications for Membership:

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

### Roles and Responsibilities

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

### Fairport Fire Department

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

### Bushnell's Basin Fire Department

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

### Egypt Fire Department

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

### East Rochester Fire Department

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

### Penfield Fire Department

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

## **Town of Perinton**

Ph: (585) 223-0770  
F: (585) 223-3629

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

**www.perinton.org**

Facebook: **Town of Perinton, NY**

Twitter: **@TPerinton**

Instagram: **townofperinton**

**Charles Steinman**  
*Town Justice*

**Gary Muldoon**  
*Town Justice*

**Wayne Pickering, IAO**  
*Town Assessor*

**Joseph LaFay**  
*Town Attorney*

**Robert J. Kozarits**  
*Town Engineer*

**Bill Poray**  
*Town Historian*

**Jason R. Kennedy**  
*DPW Commissioner*

**Jeff Nutting**  
*Commissioner of Recreation and Parks*

.....

## **Board Meetings**

Please visit [www.perinton.org](http://www.perinton.org)  
for meeting times.

**Town Board**  
2nd and 4th Wednesday  
of every month

**Planning Board**  
3rd Wednesday of every month

**Conservation Board**  
Tuesdays before the 1st and 3rd  
Wednesday of each month

**Zoning Board of Appeals**  
4th Monday of every month

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

## **— Perinton Town Officials —**



**Ciaran Hanna**  
*Town Supervisor*



**David P. Belaskas**  
*Councilperson*



**Meredith**  
*Stockman-Broadbent*  
*Councilperson*



**Mike Folino**  
*Councilperson*

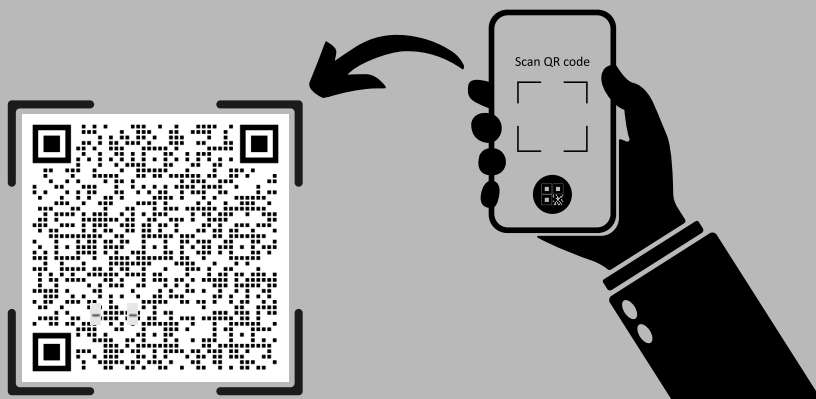


**Janelle Reed**  
*Town Clerk*



## **Homeowner Benefit Portal**

- ★ **Register for STAR**
- ★ **Enroll in STAR Credit Direct Deposit**
- ★ **Check property tax registration status**
- ★ **Switch to the STAR credit**
- ★ **View, edit, or close your registrations**
- ★ **Ensure your information is accurate**
- ★ **Resolve issues quickly**



[www.tax.ny.gov/pit/property/homeowner-benefit-portal.htm](http://www.tax.ny.gov/pit/property/homeowner-benefit-portal.htm)



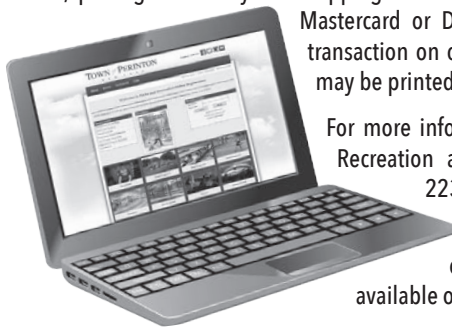
## GENERAL INFORMATION

### WebTrac Information

Save time and register for programs and parks buildings and shelters online! Register directly on the site, <https://webtrac.perinton.org>. Under the "Member Login" section, please click on the "Need an account?" link. All you need to do is fill out the required information. This information will be sent to recreation staff and they will review and confirm the account. Once the account is confirmed, you will receive an email stating that your account is now active. Please register for WebTrac prior to the first day of registration to ensure your account is active.

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

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



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

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

### Stay Connected!

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



Perinton Recreation and Parks



@PerintonRec



#PerintonRec

### QUICK REFERENCE

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

### Holidays:

Monday, February 17 ..... Presidents Day  
Monday – Friday, February 17-21 ..... Mid-Winter Recess  
Friday, March 21 ..... K – 5 Parent Conferences  
Friday, March 28 ..... Superintendent's Conference Day

# What's New For WINTER

#### Preschool

Busy Dribblers  
Happy Hoppers  
Intro to Dance and Tumble  
Let's Get Ready for Easter  
Teeny Tiny Artists: Thumb-body Loves You  
Teeny Tiny Artists: Winter Wonderland

#### Youth & Teen

Beginning Builders  
Confidence Building Workshop  
Eyes on the Skies: Saturn and Its Moons  
Foundry Fundays  
Running Club Jr.  
Winter Wonderland Dance Camp

#### Youth and Teen Arts & Crafts and Cooking

Art Adventures  
Bob Ross Painting Night  
Comic Book and Cartooning Class  
Hot Chocolate Bombs!

#### Fitness

Perinton Interval Training

#### Adult

Adult Ballet  
Cane Defense – Introduction – Using the Walking Cane for Self-Defense  
Complexion Perfection on Zoom  
Core Beliefs, Comfort Zones and Communication  
Creating a Family Estate Dossier (FED)  
Financial Planning for Women  
Financial Planning:  
    What to Do When You Inherit Money  
Intro to Winter Camping  
It's All About Eyes on Zoom  
Learning What Our Kids and Grandkids Learn  
Lips & Tips on Zoom  
Mindfulness for the New Year  
Retirement Planning  
Wrinkle Rewind on Zoom

#### Adult Arts & Crafts and Cooking

Crochet Granny Squares: Tank Top or Tote  
DIY Clay Garden Markers  
DIY Felt Flower Welcome Sign  
Paint & Plant  
Paper Crafts - Cards, Books & Boxes



## SPECIAL EVENTS

# SPECIAL EVENTS

Register early to avoid program cancellation due to low enrollment.

## SAVE THE DATE!!

Friday	February 7	Family Valentine's Day Formal
Friday	March 7	Blarney Bingo
Sunday	April 13	Mr. E Bunny
Sunday	April 13	Egg Hunts



### Family Valentine's Day Formal

**Ages:** Open to families  
Grab your dance shoes and dress to impress! Bring your valentine and enjoy dancing, refreshments, a photo booth, nail painting and a craft. A raffle ticket for various prizes from businesses within our community will be given to all attendees who make a donation to The Child Advocacy Center of Greater Rochester. Please visit their website at <https://www.cacgroc.org/to> see their wish list.

**Location:** PCC

**Date:** **Code: 162803-A** F, 2/7 6:30-8:30 PM (1 class) Res \$5, Non-Res \$6  
Enroll all family members who will be attending. Fee is charged per person.

### Blarney Bingo

**Ages:** Open to families  
Do you have the luck o' the Irish? Come join us for Blarney Bingo and find out! Fun prizes are up for grabs and pizza will be served for dinner. Bring the whole family for a great time together!

**Location:** PCC

**Date:** **Code: 162811-A** F, 3/7 6:30-8:00 PM (1 class) Res \$5, Non-Res \$6  
Enroll all family members who will be attending. Fee is charged per person.



### Mr. E Bunny

**Ages:** Open to families  
Hop into Spring and join us for a visit with Mr. E Bunny! The event also includes small crafts and activities. Be sure to bring your camera for great photo opportunities. Children of all ages are welcome to attend (with an adult), however the activities offered will be geared towards ages 2-6.

**Location:** PCC

**Date:** **Code: 162834-A** Sun., 4/13 10:00-11:30 AM (1 class) No charge  
Enroll child only.

### Egg Hunts

**Ages:** 0-9 years  
Join us for our Annual Egg Hunts! The hunts will take place rain, snow or shine so please dress accordingly. A container or basket to carry eggs is recommended. Registration is required for all ages as space is limited to please pre-register!

**Location:** PCC & Center Park

**Dates:** **0-2 years - PCC**  
Eggs will be filled with stickers, tattoos and age-appropriate treats.  
**Code: 122830-AA** Sun., 4/13 10:00 AM  
**Code: 122830-AB** Sun., 4/13 10:30 AM  
**Code: 122830-AC** Sun., 4/13 11:00 AM  
**2-4 years - Center Park West**  
Eggs will be filled with candy, stickers or tattoos.  
**Code: 122830-BA** Sun., 4/13 9:30 AM  
**Code: 122830-BB** Sun., 4/13 10:00 AM  
**Code: 122830-BC** Sun., 4/13 10:30 AM  
**Code: 122830-BD** Sun., 4/13 11:00 AM  
**5-9 years - Center Park Amphitheater**  
Eggs will be filled with candy, stickers or tattoos.  
**Code: 122830-DA** Sun., 4/13 9:45 AM  
**Code: 122830-DB** Sun., 4/13 10:15 AM  
**Code: 122830-DC** Sun., 4/13 10:45 AM

### Indoor Accessible Egg Hunt

**Ages:** 0-10 years  
We're excited to add this new inclusive format to our annual egg hunt event! This hunt will take place in the large community room of the Community Center and feature large eggs, eggs at different heights, visual cues, less participants, and more. Eggs will be filled with stickers, toys and treats. A container or basket to carry eggs is recommended. Registration is required as space is limited so please preregister. Please only enroll child, but a buddy/helper/adult is welcome to join.

**Location:** PCC

**Dates:** **0-10 years**  
Eggs will be filled with stickers, tattoos, toys and treats. Participant can trade in treats if there are allergy concerns.  
**Code: 122830-E** Sun., 4/13 9:30 AM





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



## Story Walk

*Mae Among the Stars*

By Roda Ahmed

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

Inspired by the story of Mae Jemison, the first African American woman in space: when Little Mae was a child, she dreamed of dancing in space. She imagined herself surrounded by billions of stars floating, gliding, and discovering. Follow Mae as she learns that if you can dream it and you work hard for it, anything is possible.

Stasia Barrington has designed eye-catching drawings to stimulate a child's imagination in following Mae as she makes her childhood dream a reality.

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

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



## Crescent Trail Guided Hikes

Free monthly guided hikes, no pre-registration required, are organized by the Crescent Trail Hiking Association. Adults, teens and children under 16 supervised by an adult are welcome to participate. All hikes start at 1:30 PM on the second Sunday of the month, unless otherwise noted.

At any point of the hike, you may turn around and return to the start if your time is limited. Hikes are usually about 1 ½ hours in duration. For more information, go to the Association's website, [www.crescenttrail.org](http://www.crescenttrail.org) or visit us on Facebook at [www.facebook.com/crescenttrail](http://www.facebook.com/crescenttrail). If you have an idea for a new hike or would like to lead a hike, send us an email at [crescenttrail@gmail.com](mailto:crescenttrail@gmail.com).

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

**Sunday, January 12 at 1:30 PM** | Powder Mills Park, meet at the Fish Hatchery. Parking Lot (203 Park Road)

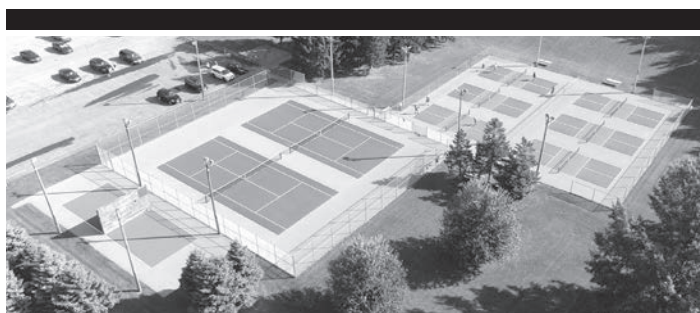
GPS Coord: 43.04789, -77.47616

**Sunday, February 9 at 1:30 PM** | Kid's Hike/Sledding - Sledding is weather dependent) at Hart's Woods, meet at Minerva Deland School parking lot, 140 Hulburt Road

GPS Coord: 43.091347, -77.449617

**Sunday, March 9 at 1:30 PM** | McCoord Woods Loop, meet at Horizon Hill parking lot (Garnsey Road)

GPS Coord: 43.05278, -77.46382



## TENNIS & PICKLEBALL COURTS

### Public Court Time

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

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

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

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

### 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.



**Registration Begins: Thursday, January 2, 2025 at 10 AM**

Follow us on   



# PRESCHOOL

## A note on Preschool Programs:

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

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

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

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

## Preschooler and Parent Drop In Gym

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

**Location:** PCC

**Dates:** M.-F., 1/20-4/11 (ex. 2/17)  
9:00-11:00 AM

**Cost:** \$6/child (resident), \$7.50/child (non-resident)  
No charge for parent or guardian  
10x stamp passes available, inquire at the desk!  
**Not available on WebTrac.**

## Active Art

**Ages:** 2-7 years  
ONLINE CLASS. Kids of all abilities make masterpieces and keep little hands busy, even over the February school break! Your inbox will get a link to a new project each week. For these colorful projects you will be jumping, pounding, dipping and dabbing art materials to create great new colors and textures! Video also includes a physical activity to grow fine and gross motor skills that goes along with the theme of that project! One registration covers household! Closed captioning available.

**Instructor:** Mary Slaughter

**Location:** ONLINE CLASS

**Dates:** **Code: 115895-A** F, 2/7-3/14 (6 classes) Res \$49, Non-Res \$54

## Baby Blades

**Ages:** 2-6 years (adult participation required)  
Introduce your baby to the ice! This program is designed to get your children excited about being on the ice in a comfortable setting. Classes focus on acquainting your child to the ice and start developing coordination. Participant and chaperone: An additional \$20 fee must be paid to the instructor on the 1st class that goes to US Figure Skating for insurance coverage. Skate rental is also available for the additional cost of \$24 for the 6-week session.

**Instructor:** Pamela Warren

**Location:** Village Sports, 2830 Baird Road

**Dates:** **Code: 435824-AAA** Sun., 1/5-2/9 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160\*  
**Code: 135824-A** Sun., 2/16-3/23 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160  
**Code: 135824-AA** Sun., 3/30-5/11 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160  
**\*January session was in Fall brochure so registration is already open for that section.**

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

## Broadway Babies Fairytale Theatre: Snow White

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

**Instructor:** Bravo! Creative Arts, Ed Rocha

**Location:** PCC

**Dates:** **Code: 125232-D** M. & W., 1/27-2/12 5:00-5:30 PM  
Res \$50, Non-Res \$55

## NEW!! Busy Dribblers

**Ages:** 20 months-5 years  
Come experience the thrill of running, shooting and scoring with kids just like you! Adapted skill introduction for our littlest athletes with big smiles. Everyone goes home tired after playing basketball, indoor soccer and tumbling and running through obstacle courses! Stretch those little legs in the big gym and keep moving with new and different activities in each session.

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **2-5 years**  
**Code: 115840-A** Th., 1/23-2/27 (ex. 2/20) 5:30-6:05 PM (5 classes) Res \$69, Non-Res \$76  
**Code: 115840-B** Th., 3/13-4/10 5:30-6:05 PM (5 classes) Res \$69, Non-Res \$76  
**20 months-4 years**  
**Code: 115840-C** Th., 1/30-2/27 (ex. 2/20) 10:30-11:00 AM (4 classes) \$59, Non-Res \$65

## Butterfly Kids Yoga

**Ages:** 2-5 years  
Yoga for ages 2-5! We'll have fun learning new yoga poses, enjoy fun songs, develop coordination, focus and gross motor skills, and enjoy sweet moments along the way. To learn more about Butterfly Kids Yoga, please visit [www.butterflykidsyoga.com](http://www.butterflykidsyoga.com).

**Instructor:** Butterfly Kids Yoga Teacher

**Location:** PCC

**Dates:** **Code: 121100-A** M., 1/27-3/3 (ex. 2/17) 10:00-10:45 AM (5 classes) Res \$55, Non-Res \$61  
**Code: 121100-B** M., 3/10-4/7 (ex. 3/31) 10:00-10:45 AM (4 classes) Res \$44, Non-Res \$48

## Creative Movement

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

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

**Location:** PCC

**Dates:** **Code: 115854-A** Sat., 1/25-3/1 10:00-10:30 AM (6 classes) Res \$42, Non-Res \$46  
**Code: 115854-B** Sat., 3/8-4/12 10:00-10:30 AM (6 classes) Res \$42, Non-Res \$46

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

## Dance With Me

**Ages:** 18 months-3 years  
Dance With Me is a 30-minute creative movement class suitable for your young dancer. Parents/caregivers will participate actively in the class as children learn basic dance steps, movement and terminology, through songs, stories and play. Props will be used for interactive play.

**Instructors:** Studio East Dance Company Staff

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

**Dates:** **Code: 115898-A** Sat., 1/11-2/15 9:00-9:30 AM (6 classes) Res \$80, Non-Res \$88  
**Code: 115898-B** Sat., 3/8-4/12 9:00-9:30 AM (6 classes) Res \$80, Non-Res \$88  
**Code: 115898-C** F., 1/31-4/11 (ex. 2/21) 9:30-10:00 AM (10 classes) Res \$110, Non-Res \$120

## Fun With Ones

**Ages:** 12-24 months (adult participation required)  
Come and enjoy special play time with your little one! There will be equipment to play on, new friends to meet, songs and circle time! Equipment, toys and songs are specifically geared for a one year old's sense of curiosity and fun!

**Instructor:** Sharilyn Ross

**Location:** PCC

**Dates:** **Code: 115803-A** Tu., 1/21-2/11 9:30-10:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 115803-B** Tu., 2/25-3/18 9:30-10:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 115803-C** Tu., 3/25-4/8 9:30-10:15 AM (3 classes) Res \$27, Non-Res \$30

## NEW!! Happy Hoppers

**Ages:** 22 months-4 years  
The happiest hour of all! Put all that toddler energy to good use and learn valuable tumbling skills! There is no better sports foundation for coordination and strength than tumbling, climbing and jumping! Some structured and free play time that is perfect for girls and boys alike! Taught by safety-certified Gymnastics Coach Mary.

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 115903-A** F., 1/24-2/28 (ex. 2/14, 2/21) 5:45-6:15 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 115903-B** F., 1/24-2/28 (ex. 2/14, 2/21) 6:15-6:45 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 115903-C** F., 3/7-4/4 (ex. 3/21) 5:45-6:15 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 115903-D** F., 3/7-4/4 (ex. 3/21) 6:15-6:45 PM (4 classes) Res \$59, Non-Res \$65



## Intro to Dance

**Ages:** 3-5 years  
We will have fun learning the foundations of dance while exploring music, movement, and self-expression!

**Instructors:** Studio East Dance Company Staff

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

**Dates:** **Code: 126866-A** F., 1/31-4/11 (ex. 2/21) 10:05-10:50 AM (10 classes) Res \$135, Non-Res \$145

## NEW!! Intro to Dance and Tumble

**Ages:** 3-5 years  
In this class, we will have fun learning the foundations of dance while exploring music, movement and self-expression! Students will also learn basic tumble positions and skills gaining strength, coordination and flexibility.

**Instructors:** Studio East Dance Company Staff

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

**Dates:** **Code: 126869-A** M., 1/27-3/3 (ex. 2/17) 10:00-11:00 AM (5 classes) Res \$80, Non-Res \$88  
**Code: 126869-B** M., 3/10-4/7 10:00-11:00 AM (5 classes) Res \$80, Non-Res \$88

## Intro to Lacrosse

See Youth & Teen page 32

## NEW!! Let's Get Ready for Easter!

**Ages:** 2-4 years  
A fun class to practice painting, cutting and pasting to make an adorable yellow chick with feathers, a bunny hat, and 'marbelize' a paper Easter egg at our art creation stations! Enjoy playing at our sensory station by rolling out Play-Doh to stamp pretend Easter cookies. We will end class by reading *The Night Before Easter* and have a mini Easter egg hunt which includes a personalized tote for each child.

**Instructor:** Ginny Schenker

**Location:** PCC

**Date:** **Code: 112907-A** Sat., 4/5 (1 class) Res \$20, Non-Res \$22

## Lil Athletes

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

**Instructor:** Lisa Magliato

**Location:** PCC

**Dates:** **Code: 111819-A** M., 1/27-3/3 (ex. 2/17) 1:30-2:15 PM (5 classes) Res \$79, Non-Res \$87  
**Code: 111819-B** M., 3/10-4/7 1:30-2:15 PM (5 classes) Res \$79, Non-Res \$87



## PRESCHOOL

### Lil' Kickers – Soccer for Kids

**Ages:** 18 months-5 years  
Lil' Kickers classes are carefully curated and wildly fun. Classes are led by high-energy coaches and packed with creative games structured to help kids tackle age-appropriate developmental milestones. Rooted in renowned child development theories, our curriculum provides kids ages 18 months to 5 years the skills they need to learn soccer and grow as individuals, all while having a blast! Fee does not include Lil' Kickers uniform, available for purchase at TCSC for \$30.

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

### Bunnies

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

**Dates:** **Code: 125311-A** W., 1/22-3/12 4:00-4:50 PM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125311-C** Sat., 1/25-3/15 9:00-9:50 AM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125311-E** Sun., 1/26-3/16 9:00-9:50 AM (8 classes)  
Res \$128, Non-Res \$138

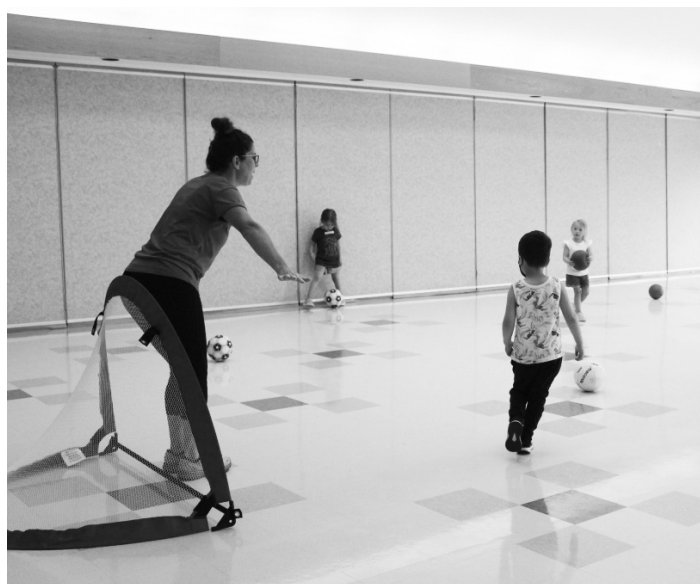
### Thumpers

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

**Dates:** **Code: 125319-C** Sat., 1/25-3/15 9:00-9:50 AM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125319-D** Sat., 1/25-3/15 10:00-10:50 AM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125319-F** Sun., 1/26-3/16 10:00-10:50 AM (8 classes)  
Res \$128, Non-Res \$138



### Cottontails

**Ages:** 2 ½-3 ½ years (adult participation required)  
In the Cottontails class, preschoolers who are not quite ready to be on the field alone discover some independence. The goal is to get them to be more interactive with the coach, to play with (rather than alongside) their peers and to engage in the game. We do so with fun and engaging games that help them begin to master movement and ball control all while slowly gaining independence over the course of the season.

**Dates:** **Code: 125320-B** Sat., 1/25-3/15 9:00-9:50 AM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125320-C** Sat., 1/25-3/15 10:00-10:50 AM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125320-E** Sun., 1/26-3/16 10:00-10:50 AM (8 classes)  
Res \$128, Non-Res \$138

### Hoppers

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

**Dates:** **Code: 125321-A** W., 1/22-3/12 4:00-4:50 PM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125321-B** Sat., 1/25-3/15 9:00-9:50 AM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125321-D** Sun., 1/26-3/16 10:00-10:50 AM (8 classes)  
Res \$128, Non-Res \$138

### Micro 4/5

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

**Dates:** **Code: 125322-B** W., 1/22-3/12 5:00-5:50 PM (8 classes)  
Res \$128, Non-Res \$138

**Code: 125322-D** Sat., 1/25-3/15 10:00-10:50 AM (8 classes)  
Res \$128, Non-Res \$138

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



## Music for Littles

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

**Instructor:** Paige Hargrave  
**Location:** PCC  
**Dates:** **Code: 116831-A** W., 1/22-2/19 (ex. 2/5) 5:00-5:30 PM (4 classes) Res \$65, Non-Res \$72  
**Code: 116831-B** W., 1/22-2/19 (ex. 2/5) 5:30-6:00 PM (4 classes) Res \$65, Non-Res \$72  
**Code: 116831-C** W., 3/5-3/26 5:00-5:30 PM (4 classes) Res \$65, Non-Res \$72  
**Code: 116831-D** W., 3/5-3/26 5:30-6:00 PM (4 classes) Res \$65, Non-Res \$72

## Pint Sized Picassos

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

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 112822-A** W., 1/22-2/12 10:00-10:45 AM (4 classes) Res \$40, Non-Res \$44  
**Code: 112822-B** W., 2/26-3/19 10:00-10:45 AM (4 classes) Res \$40, Non-Res \$44  
**Code: 112822-C** W., 3/26-4/9 10:00-10:45 AM (3 classes) Res \$30, Non-Res \$33  
**Code: 112822-D** W., 2/5-2/26 (ex. 2/19) 5:45-6:30 PM (3 classes) Res \$30, Non-Res \$33

## Pre-Ballet 1

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

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 116815-A** F., 1/24-4/11 (ex. 2/21) 10:30-11:15 AM (11 classes) Res \$110, Non-Res \$120

## Pre-Ballet II

**Ages:** 4-5 years  
In Pre-Ballet and Tap, children will have fun learning basic ballet and tap steps, exploring creative dance and developing coordination, musicality, imagination and creativity. We use lots of props and dance to a variety of styles of music. Girls wear leotards and tights and pull hair out of their face, boys wear t-shirts, gym shorts or sweat pants. Ballet and tap shoes required.

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 125854-F** M., 1/27-4/7 (ex. 2/17) 3:45-4:30 PM (10 classes) Res \$100, Non-Res \$110

## Preps Tumbling

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

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 124867-A** Tu., 1/28-4/8 (ex. 2/18) 5:00-5:30 PM (10 classes) Res \$110, Non-Res \$120

## Preschool Adventures

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

**Instructor:** Sherry Murray  
**Location:** PCC  
**Dates:** **Code: 128828-A** M., 1/27-2/24 (ex. 2/17) 10:00-11:00 AM (4 classes) Res \$60, Non-Res \$66  
**Code: 128828-B** M., 3/3-3/24 10:00-11:00 AM (4 classes) Res \$60, Non-Res \$66

## Preschool Adventures Celebrate Spring

**Ages:** 2-6 years (adult participation required)  
Let's celebrate the change of seasons together. We'll listen to a fun story and then we will create a rainbow sculpture, windsock and butterfly. Then we will finish with a snack of colorful toast we will paint ourselves. [www.preschooladventuresroc.weebly.com](http://www.preschooladventuresroc.weebly.com)

**Instructor:** Sherry Murray  
**Location:** PCC  
**Date:** **Code: 128828-G** M., 3/31 10:00-11:00 AM (1 class) Res \$16, Non-Res \$18

## Preschool Adventures Baskets and Bunnies

**Ages:** 2-6 years (adult participation required)  
We will experiment with four different ways to color eggs and create a cute basket to carry them home in. Everyone will listen to a story, go on an egg hunt, and have a hopping good time!  
[www.preschooladventuresroc.weebly.com](http://www.preschooladventuresroc.weebly.com)

**Instructor:** Sherry Murray  
**Location:** PCC  
**Date:** **Code: 128828-H** M., 4/7 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

## Preschool Gymnastics

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

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 125928-A** F., 1/24-2/28 (ex. 2/14, 2/21) 1:00-1:40 PM (4 classes) Res \$59, Non-Res \$65

## NEW!! Running Club Jr.

See Youth & Teen page 34

## PRESCHOOL

### Scribble and Scramble

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

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 115811-A** Th., 1/30-3/6 (ex. 2/20) 9:30-10:30 AM (5 classes) Res \$55, Non-Res \$61  
**Code: 115811-B** Th., 3/13-4/10 9:30-10:30 AM (5 classes) Res \$55, Non-Res \$61

### NEW!! Teeny Tiny Artists: "Thumb-body Loves You!"

**Ages:** 2-5 years  
Join me to make a one-of-a-kind keepsake heart shaped necklace with polymer clay using the thumbprints of your little one! As our clay bakes in the oven, you'll enjoy going at your own pace through our art creation stations to make 3 art projects including: "I Love You to Pieces!", "Owl Love You Forever!" and "I Love You to the Moon & Back!" We will end class with a mini circle time of songs and reading *Guess How Much I Love You!*

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 112901-B** Sat., 2/15 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

### NEW!! Teeny Tiny Artists: "Winter Wonderland!"

**Ages:** 2-5 years  
Let's learn all about the season of Winter! At each art creation station, you'll enjoy making 4 different works of art: paint and decorate a big wooden snowflake, paint with watercolors to reveal a hidden snowman, paint with tempera paint a large snowy landscape, and we will even paint with ice! Class ends with a mini circle time of winter themed songs and stories.

**Instructor:** Ginny Schenker  
**Location:** PCC  
**Date:** **Code: 112901-A** Sat., 1/25 10:00-10:45 AM (1 class) Res \$20, Non-Res \$22



### Terrific Twos and Threes

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

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 111820-A** Tu., 1/21-2/11 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 111820-B** Tu., 2/25-3/18 10:30-11:15 AM (4 classes) Res \$36, Non-Res \$40  
**Code: 111820-C** Tu., 3/25-4/8 10:30-11:15 AM (3 classes) Res \$27, Non-Res \$30

### Tiny Trotters

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

**Instructors:** JLD Trainers  
**Location:** JLD Equine, 1942 Turk Hill Road  
**Dates:** **Code: 125752-A** Tu., 1/21-2/11 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 125752-B** Tu., 2/25-3/11 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130  
**Code: 125752-C** Tu., 3/18-4/8 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 125752-D** F., 1/24-2/14 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170  
**Code: 125752-E** F., 2/28-3/14 3:30-4:00 PM (3 classes) Res \$120, Non-Res \$130  
**Code: 125752-F** F., 3/21-4/11 3:30-4:00 PM (4 classes) Res \$160, Non-Res \$170

### Tots 1 & 2 Hip Hop/Tumble

**Ages:** 3-6 years  
This combo class is for students who 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.

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 115912-A** Th., 1/30-4/10 (ex. 2/20) 4:30-5:30 PM (10 classes) Res \$156, Non-Res \$166



## Tots 1 Tap and Ballet

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

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 126865-A** M., 1/27-4/7 (ex. 2/17) 4:30-5:30 PM (10 classes) Res \$156, Non-Res \$166  
**Code: 126865-B** W., 1/29-4/9 (ex. 2/19) 4:30-5:30 PM (10 classes) Res \$156, Non-Res \$166  
**Code: 126865-C** Th., 1/30-4/10 (ex. 2/20) 4:30-5:30 PM (10 classes) Res \$156, Non-Res \$166

## Tots 2 Tap and Ballet

**Ages:** 5-6 years  
Our Tots 2 class consists of tap and ballet. At this level, students will learn coordination with more challenging tap and ballet skills through imagination activities across the floor while building balance and confidence. Dancers will enjoy learning ballet and tap terminology as well as the dance moves and express their individuality.

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 126868-A** M., 1/27-4/7 (ex. 2/17) 4:30-5:30 PM (10 classes) Res \$156, Non-Res \$166  
**Code: 126868-B** W., 1/29-4/9 (ex. 2/19) 4:30-5:30 PM (10 classes) Res \$156, Non-Res \$166  
**Code: 126868-C** Sat., 2/1-4/12 (ex. 2/22) 11:30 AM-12:30 PM (10 classes) Res \$156, Non-Res \$166

## Tots 1 & 2 Tumble

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

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 115913-A** Sat., 2/1-4/12 (ex. 2/22) 10:00-10:30 AM (10 classes) Res \$110, Non-Res \$120



## Tots Hip Hop/Tumble

**Ages:** 4-6 years  
A fun class for little dancers, introducing them to music and movement, improving coordination with lots of fun bopping Hip Hop moves to funky and appropriate music! The tumble portion of the class will include basic skills with correct technique and safety.

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 115914-A** F., 1/31-4/11 (ex. 2/21) 4:30-5:30 PM (10 classes) Res \$156, Non-Res \$166

## Tots Tumble

**Ages:** 3-6 years  
This class is for ages 3-6 years to learn the basic acro positions and skills. This includes forwards and backwards rolls, bridges, cartwheels and their variations and more. Students will work on strength and body awareness, all while working on solid foundations of beginner skills in a safe and supportive way.

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 115910-A** Tu., 1/28-4/8 (ex. 2/18) 5:30-6:00 PM (10 classes) Res \$110, Non-Res \$120  
**Code: 115910-C** W., 1/29-4/9 (ex. 2/19) 5:30-6:00 PM (10 classes) Res \$110, Non-Res \$120

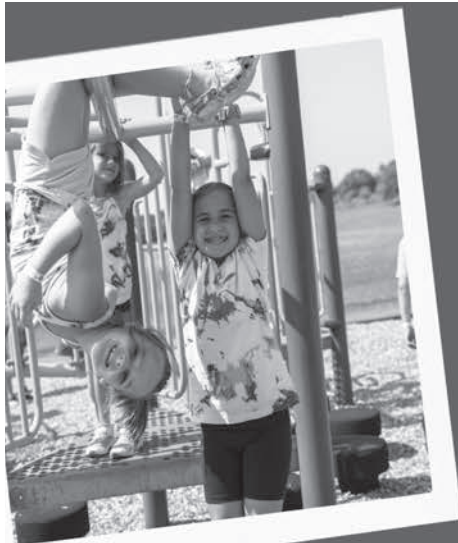


**NEW!!** Winter Wonderland Dance Camp  
See Youth & Teen page 35

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



# CAMP



CAMP

## PERINTON SUMMER CAMP & POOL CAMP SIGN-UP OPENS 3/24!

LOOK FOR  
ADDITIONAL  
SUMMER CAMP  
REGISTRATION IN  
OUR SPRING  
BROCHURE!





# YOUTH & TEEN

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

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

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

**Times:** End of school day – 6:00 PM  
**Days:** M.-F., (ex. school holidays and half days)  
**Cost:** Winter/Spring Semester  
K-3 – Due to high demand, the K-3 After School Program is currently full, with a waitlist for the remainder of the school year. Please keep an eye out for information for the 2025-2026 school year in the Summer brochure. If you have any questions, please call 223-5050 or email mclark@perinton.org.

**4-6 –** **Code: 125538-C** \$1560 (payable in one installment)  
**Code: 125538-D** \$1650 (payable in \$275/month installments)

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

## All About Tumbling

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

**Instructor:** Wendy Reback  
**Location:** PCC  
**Dates:** **Code: 121813-A** M., 1/27-4/7 (ex. 2/17) 4:45-5:30 PM (10 classes) Res \$135, Non-Res \$145

## Ballet I

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

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 125852-A** M., 1/27-4/7 (ex. 2/17) 4:30-5:15 PM (10 classes) Res \$100, Non-Res \$110

## Beginning Ballet

**Ages:** 5-6 years  
In Beginning Ballet, children develop coordination and musicality, flexibility and good body alignment, strengthen imagination and creativity – and it's fun! We begin with the basics of floor warm-ups, exercises at the ballet barre, and traveling steps, using lots of props and dancing to a variety of styles of music. Wear leotards and tights, pull hair out of the face. Ballet shoes required.

**Instructor:** Vanessa Watters  
**Location:** PCC  
**Dates:** **Code: 125851-A** F., 1/24-4/11 (ex. 2/21) 4:30-5:15 PM (11 classes) Res \$110, Non-Res \$120

## NEW!! Beginning Builders

**Ages:** 4-7 years  
LEGO building is so much fun! It involves imagination, storytelling, creativity, and early S.T.E.A.M. skills. We begin with trays filled with pieces. Then we add LEGO mini-figures to our creations. Parents/guardians are encouraged to stay. You may find yourselves building too! I'm Mr. Dave. Let's Build Together!

**Instructor:** Dave Jutsum  
**Location:** PCC  
**Dates:** **Code: 116822-A** Tu., 1/21-1/28 10:00-11:00 AM (2 classes) Res \$20, Non-Res \$22  
**Code: 116822-B** Tu., 2/4-2/11 10:00-11:00 AM (2 classes) Res \$20, Non-Res \$22  
**Code: 116822-C** Tu., 2/18-2/25 10:00-11:00 AM (2 classes) Res \$20, Non-Res \$22  
**Code: 116822-D** Tu., 3/4-3/11 10:00-11:00 AM (2 classes) Res \$20, Non-Res \$22  
**Code: 116822-E** Tu., 3/18-3/25 10:00-11:00 AM (2 classes) Res \$20, Non-Res \$22

## NEW!! Confidence Building Workshop

**Ages:** 13-16 years  
Join us for the Confidence Building Workshop, a fun and supportive space crafted for teens! In this workshop, teens will explore creative exercises and practical techniques to build their confidence. Through engaging activities and discussions they will learn to navigate stress, develop healthy coping strategies, and communicate effectively. This workshop is a great opportunity for teens to understand their emotions and find new ways to feel more secure in who they want to be.

**Instructor:** Rebecca Schwarz  
**Location:** PCC  
**Dates:** **Code: 135869-A** M. & W., 2/3-2/12 6:00-7:00 PM (4 classes) Res \$90, Non-Res \$99  
**Code: 135869-B** M. & W., 2/3-2/12 7:00-8:00 PM (4 classes) Res \$90, Non-Res \$99

## Dance Conditioning

**Ages:** 7-14 years  
This class is a combination of deep stretching and body conditioning. Each class will focus on endurance, arms, abdominal, and leg exercises to strengthen the entire body. Strong muscles are vital for protecting the body and improving dance skills. Healthy muscles are important for safety and to let the dancer move more freely and keep the body strong. This class may incorporate therabands, tennis balls, stretch bands, ankle weights, yoga blocks, turning boards and more.

**Instructor:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 126818-A** M., 1/27-4/7 (ex. 2/17) 7:30-8:00 PM (10 classes) Res \$110, Non-Res \$120

## DRAMA

### Beetlejuice Jr.

**Ages:** 10-18 years  
Beetlejuice JR brings the ghost-with-the-most to young performers in this musical comedy based on Tim Burton's dearly beloved film. Beetlejuice JR tells the story of Lydia Deetz, a strange and unusual teenager obsessed with the whole "being dead thing." Lucky for Lydia, her new house is haunted by a recently deceased couple and Beetlejuice, the titular character with a real zest for life...and mischief. When Lydia calls on him to scare away anyone with a pulse, Beetlejuice shows his true stripes. What ensues is a feast of surprises, chaos and fun. An under its uproarious surface (six feet under, to be exact), is a remarkably touching show about family, love and making the most of every Day-O! Scenic Projections for Beetlejuice JR will transform your stage into a wildly immersive, spooky and whimsical world. The projections are an integral part of the storytelling, adding depth and dimension, and transporting the audience through this delightfully dark and comedic tale.

**Instructor:** Bravo! Creative Arts, Ed Rocha  
**Locations:** PCC & Pittsford Community Center  
**Dates:** **10-14 years**

**Code: 125232-A** Res \$200, Non-Res \$210  
**Rehearsals:** F., 1/31-3/21 5:00-6:30 PM (Perinton)  
Sat., 1/11-3/22 12:00-2:00 PM (Pittsford)  
**Production Week:** M., 3/17-3/24 5:00-6:30 PM (Perinton)  
W., 3/19-3/26 5:00-6:30 PM (Perinton)  
**Performances:** Sat., 3/29 2:00 & 6:00 PM  
Sun., 3/30 2:00 PM

**Dates:** **14-18 years**  
**Code: 125232-B** Res \$200, Non-Res \$210  
**Rehearsals:** F., 1/31-3/21 6:30-8:00 PM (Perinton)  
Sat., 1/11-3/22 2:00-4:00 PM (Pittsford)  
**Production Week:** M., 3/17-3/24 6:30-8:00 PM (Penfield)  
W., 3/19-3/26 6:30-8:00 PM (Penfield)  
**Performances:** Sat., 3/29 4:00 & 8:00 PM  
Sun., 3/30 4:00 PM

### The Claw

**Grades:** K-6  
When an out-of-order claw game suddenly turns back on, all of the toys are ecstatic! Well...all of the toys except for Dot, a terrified stuffed cow. Dot's desperate to hold onto her home and her best friend, Aiden. Can Dot conquer her fear of the unknown with some help from the Flair Bears, Mighty Mutant Power Turtles, Beanie Elders, and the all-knowing Mystical 8-ball?

**Instructor:** Bravo! Creative Arts, Ed Rocha  
**Location:** PCC & Pittsford Community Center  
**Dates:** **Code: 125232-C** Res \$200, Non-Res \$210  
**Rehearsals:** Sat., 1/11-3/15 11:00 AM-12:00 PM (Pittsford)  
W., 1/29-3/12 5:30-6:30 PM (Perinton)  
**Performances:** Sun., 3/16 2:00 PM & 4:00 PM (Pittsford)



## Winter Break Theatre Camp – Moana 2

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

**Instructor:** Bravo! Creative Arts, Ed Rocha  
**Location:** PCC  
**Dates:** **Code: 125232-E** M.-F., 2/17-2/21 9:00 AM-3:30 PM (5 classes)  
Res \$200, Non-Res \$210  
**Code: 125232-EE** M.-F., 2/17-2/21 8:30 AM-4:00 PM (5 classes)  
Res \$250, Non-Res \$260

## Spring Break Theatre Camp – The Smurf Movie

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

**Instructor:** Bravo! Creative Arts, Ed Rocha  
**Location:** PCC  
**Dates:** **Code: 125232-F** M.-F., 4/14-4/18 9:00 AM-3:30 PM (5 classes)  
Res \$200, Non-Res \$210  
**Code: 125232-FF** M.-F., 4/14-4/18 8:30 AM-4:00 PM (5 classes)  
Res \$250, Non-Res \$260

**Please Note: Spring and summer drama programming information and registration will be available on WebTrac soon.**

## NEW!! Eyes on the Skies: Saturn and Its Moons

**Ages:** 7-12 years  
Is your young person interested in all things space? In this class, we'll take a fun look up at the skies! Saturn and its rings! Where did that cool ring come from and how big is the moon, Titan? We'll do a themed craft and an experiment that will be hands-on and aimed towards getting kids excited about science.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 126810-A** W., 4/2-4/9 4:15-5:15 PM (2 classes) Res \$22, Non-Res \$24





## FITKids

**Ages:** 5-7 years  
Does your child like to pretend to play with lightsabers or swords? Then come try the Olympic sport of fencing where they can experience the thrill of swordplay in a safe environment! Children will get a great physical and mental workout while mastering the basic footwork and tactics through fun games and exercises. All fencing equipment will be provided. Sneakers required. Due to USA Fencing regulations, we must register all participants with USA Fencing. Please bring \$10 to your first class if you need to be registered with USA Fencing. Please contact us at info@rocfencing.com if you have questions.

**Instructors:** Rochester Fencing Club  
**Location:** Rochester Fencing Club, 3335 Brighton Henrietta Townline Road  
**Dates:** **Code: 121835-A** W., 1/8-1/29 4:00-4:45 PM (4 classes) Res \$65, Non-Res \$72  
**Code: 121835-B** W., 2/5-2/26 4:00-4:45 PM (4 classes) Res \$65, Non-Res \$72  
**Code: 121835-C** W., 3/5-3/26 4:00-4:45 PM (4 classes) Res \$65, Non-Res \$72  
**Due to early start date of A section, registration for that section ONLY will be 12/23 (Res) and 12/30 (Non-Res).**

## Folklore Latino

**Ages:** 4-18 years  
Folklore Latin dance moves in the Carnival, exploring different styles like cumbia, merengue, comparsas and movements with South American and Caribbean influences.

**Instructor:** Evelyn D'Agostino  
**Location:** PCC  
**Dates:** **4-9 years**  
**Code: 116800-A** Sun., 2/2-3/23 (ex. 2/23) 4:00-5:00 PM (7 classes) No charge  
**10-18 years**  
**Code: 116800-B** Sun., 2/2-3/23 (ex. 2/23) 3:00-4:00 PM (7 classes) No charge

## NEW!! Foundry Fundays

**Ages:** 6-10 years  
Days off from school are an awesome time to get creative with Brooklyn Robot Foundry! Students will have a blast building robots, playing games, doing crafts, making friends, and so much more during these full-day programs! Each Foundry Funday features a fantastic robot project, which kids get to build, decorate and take home for more fun.

**Instructors:** Brooklyn Robot Foundry Staff  
**Location:** PCC  
**Dates:** **Code: 122709-A** M., 2/17 9:00 AM-3:00 PM (1 class) Res \$90, Non-Res \$99  
**Code: 122709-B** Tu., 2/18 9:00 AM-3:00 PM (1 class) Res \$90, Non-Res \$99  
**Code: 122709-C** W., 2/19 9:00 AM-3:00 PM (1 class) Res \$90, Non-Res \$99  
**Code: 122709-D** Th., 2/20 9:00 AM-3:00 PM (1 class) Res \$90, Non-Res \$99  
**Code: 122709-E** F., 2/21 9:00 AM-3:00 PM (1 class) Res \$90, Non-Res \$99  
**Code: 122709-F** F., 3/28 9:00 AM-3:00 PM (1 class) Res \$90, Non-Res \$99

## Friends & Fun

**Ages:** 13 years and over  
This inclusive, socially engaging program for teens and adults with varying abilities is offered throughout the school year. Activities include field trips, seasonal parties, bowling, movie nights, arts and crafts, cooking and much more. A one-time registration per school year (September 2024 - June 2025) is required to become a Friends & Fun member. Activity schedules will be mailed/emailed bi-monthly. Additional costs may apply for each event. Registered members should call 223-5050 to sign up for individual events.

## Gymnastics & Parkour

**Ages:** 4 1/2-10 years  
This class offers energetic tumbling lessons for improving skills used in sports from cheerleading to snowboarding and, of course, gymnastics! Join a smaller-sized group using beams, mats, floor bars and mini-tramp vaulting. Gain coordination, balance and flexibility with attention to each child's strengths by Coach Mary, safety-certified by USA Gymnastics. Session two builds on session one! Come find your strength and power learning new and exciting skills!

**Instructor:** Mary Slaughter  
**Location:** PCC  
**Dates:** **Code: 135827-A** F., 1/24-2/28 (ex. 2/14, 2/21) 4:20-5:00 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 135827-B** F., 1/24-2/28 (ex. 2/14, 2/21) 5:00-5:40 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 135827-C** F., 3/7-4/4 (ex. 3/21) 4:20-5:00 PM (4 classes) Res \$59, Non-Res \$65  
**Code: 135827-D** F., 3/7-4/4 (ex. 3/21) 5:00-5:40 PM (4 classes) Res \$59, Non-Res \$65

## Home Alone Safety

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

**Instructor:** Jerry Bennett  
**Location:** PCC  
**Date:** **Code: 135809-A** Tu., 3/11 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22

## Iaido - Learn Samurai Sword Techniques!

See Adult page 50

## Improv

**Grades:** 4-8  
This class provides a fun and supportive environment for students to learn the basics of improvisational acting, storytelling, and stagecraft. Help your child unlock their creative voice, learn to work collaboratively with others and build new friendships. With an emphasis on positivity, students learn the skills of public speaking, accepting and celebrating mistakes, making bold choices, and trusting their instinct, being a team player, thinking quicker on their feet, active listening, and more! The class culminates in an open class for friends and family to attend. No experience required. This class can be taken multiple times.

**Instructor:** Bravo! Creative Arts, Ed Rocha  
**Location:** PCC  
**Dates:** **Code: 125232-H** W., 1/29-3/5 6:30-7:30 PM Res \$100, Non-Res \$110

## Intro to Hockey - Rochester Jr. Americans

**Ages:** 4-9 years  
A fun, safe, basic introduction to ice hockey for new and/or inexperienced skaters. Emphasis is on FUN, getting comfortable on the ice, and basic skating and hockey instruction. Helmet, hockey pants, and protective pads provided by the Jr. Amerks. Participants just need to bring skates. Sessions led by Jr. Amerks coaches and instructors. For more information, contact Lynn at (585) 683-8896.

**Instructors:** Rochester Jr. Amerks Staff  
**Location:** Rochester Ice Center, 80 Lyndon Road  
**Dates:** **Code: 121200-A** Sun., 1/4-3/1 (ex. 1/11, 1/25) 8:00-9:00 AM (7 classes) Res \$80, Non-Res \$88  
**Due to the early start date of this program, registration will start on 12/23 at 10 AM (Res) and 12/30 at 10 AM (Non-Res).**

## YOUTH & TEEN

### Intro to Horse Back Riding

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

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

**Dates:**  
**Code: 135752-A** W., 1/22-2/12 4:00-5:00 PM (4 classes)  
Res \$180, Non-Res \$190  
**Code: 135752-B** F., 1/24-2/14 5:00-6:00 PM (4 classes)  
Res \$180, Non-Res \$190  
**Code: 135752-C** Sat., 1/25-2/15 11:00 AM-12:00 PM (4 classes)  
Res \$180, Non-Res \$190  
**Code: 135752-D** Sat., 1/25-2/15 1:00-2:00 PM (4 classes)  
Res \$180, Non-Res \$190  
**Code: 135752-E** W., 2/26-3/12 4:00-5:00 PM (3 classes)  
Res \$135, Non-Res \$145  
**Code: 135752-F** F., 2/28-3/14 5:00-6:00 PM (3 classes)  
Res \$135, Non-Res \$145  
**Code: 135752-G** Sat., 3/1-3/15 11:00 AM-12:00 PM (3 classes)  
Res \$135, Non-Res \$145  
**Code: 135752-H** Sat., 3/1-3/15 1:00-2:00 PM (3 classes)  
Res \$135, Non-Res \$145  
**Code: 135752-I** W., 3/19-4/9 4:00-5:00 PM (4 classes)  
Res \$180, Non-Res \$190  
**Code: 135752-J** F., 3/21-4/11 5:00-6:00 PM (4 classes)  
Res \$180, Non-Res \$190

### Intro to Lacrosse

**Grades:** PreK-2  
Do you want to learn how to play a fun and exciting sport? Come learn the basics of lacrosse from some Fairport Youth Lacrosse Coaches! This program is for beginners looking to start their love of the game! Plastic sticks will be provided by Fairport Youth LAX.

**Instructors:** Fairport Youth Lacrosse Coaches  
**Location:** PCC

**Dates:** **Code: 125304-A** M., 1/13-1/27 5:00-6:00 PM (3 classes)  
Res \$25, Non-Res \$28

### Isshin-Ryu Karate Junior Beginners

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

**Instructors:** Sensei Ann Peck & Sensei Wally Peck  
**Location:** PCC

**Dates:** **Code: 125808-E** M., 1/27-4/7 (ex. 2/17) 4:00-4:45 PM (10 classes) Res \$120, Non-Res \$130



### Isshin-Ryu Karate

#### Beginner Through Orange Belt

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

**Instructors:** Sensei Ann Peck & Sensei Wally Peck  
**Location:** PCC

**Dates:** **Code: 125808-AA** M., 1/27-4/7 (ex. 2/17) 5:00-5:45 PM (10 classes) Res \$120, Non-Res \$130  
**Code: 125808-A** W., 1/22-4/9 5:30-6:20 PM (12 classes) Res \$144, Non-Res \$154

#### Isshin-Ryu Karate Green Through Purple Belt

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

**Instructor:** Sensei Ann Peck  
**Location:** PCC

**Dates:** **Code: 125808-B** W., 1/22-4/9 6:30-7:30 PM (12 classes) Res \$144, Non-Res \$154

### Isshin-Ryu Karate

#### Intermediate Green Through Black Belts

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

**Instructors:** Sensei Ann Peck, Sensei Wally Peck & FKA Instructors  
**Location:** PCC

**Dates:** **Code: 125808-BB** M., 1/27-4/7 (ex. 2/17) 7:00-8:00 PM (10 classes) Res \$120, Non-Res \$130

#### Isshin-Ryu Karate Black Belts

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

**Instructor:** Sensei Ann Peck  
**Location:** PCC

**Dates:** **Code: 125808-C** W., 1/22-4/9 6:30-8:00 PM (12 classes) Res \$144, Non-Res \$154

### Junior Hip Hop

**Ages:** 6-9 years  
Our hip hop classes teach rhythm, coordination, musicality, and choreography that is age-appropriate. Students will enjoy an energetic class that will develop focus, strength, and agility while having fun.

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

**Dates:** **Code: 126820-A** M., 1/27-4/7 (ex. 2/17) 4:00-4:30 PM (10 classes) Res \$110, Non-Res \$120



## Kids' Fun Spanish Class

**Ages:** 6-11 years  
Young kids can learn a new language very easily and learning a new language like Spanish at any age, helps create stronger brains as well as getting new linguistic skills. Studies show that learning new language skills builds bigger, smarter and stronger brains. These classes of 45 minutes each are taught by an experienced native Spanish speaker and professional in a very fun way in which kids will enjoy different activities with different themes every week! The topics of each of the 5 class sessions are different every time. Kids will learn new vocabulary and parts of speech. On the last day of each session, we will have a review and then a "Fun Hispanic Fiesta!"

**Instructor:** Zoom into Spanish - Lourdes de la Colina-Scofield

**Location:** PCC

**Dates:** **Code: 122875-A** Th., 1/23-2/27 (ex. 2/20) 3:55-4:40 PM (5 classes) Res \$120, Non-Res \$130  
**Code: 122875-B** Th., 3/13-4/10 3:55-4:40 PM (5 classes) Res \$120, Non-Res \$130

## Learn to Skate

**Ages:** 7-12 years  
Class is based on the highly successful basic skills program developed by Learn to Skate USA. This beginning ice skating program is a fun, challenging, and rewarding class that serves the needs of the recreational and aspiring competitive skater and provides strong foundation for hockey players. An additional \$20 fee must be paid to the instructor on the 1st class for US Figure Skating for insurance coverage. Skate rental is also available for the additional cost for \$24 for the 6-week session.

**Instructor:** Pamela Warren

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

**Dates:** **Code: 435824-BBB** Sun., 1/5-2/9 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160\*  
**Code: 135824-B** Sun., 2/16-3/23 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160  
**Code: 135824-BB** Sun., 3/30-5/11 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160  
**\*January session was in Fall brochure so registration is already open for that section.**



## Lil' Kickers - Soccer for Kids

**Ages:** 6-9 years  
Lil' Kickers classes are carefully curated and wildly fun. Classes are led by high-energy coaches and packed with creative games structured to help kids tackle age-appropriate developmental milestones. Rooted in renown child development theories, our curriculum provides kids ages 6-9 years the skills they need to learn soccer and grow as individuals, all while having a blast! Fee does not include Lil' Kickers uniform, available for purchase at TCSC for \$30.

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

## Micro 6/7

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

**Dates:** **Code: 125323-C** Sat., 1/25-3/15 10:00-10:50 AM (8 classes) Res \$128, Non-Res \$138  
**Code: 125323-D** Sun., 1/26-3/16 10:00-10:50 AM (8 classes) Res \$128, Non-Res \$138

## Micro 8/9

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

**Dates:** **Code: 125325-A** Sat., 1/25-3/15 10:00-10:50 AM (8 classes) Res \$128, Non-Res \$138

## Magic, Balloon Twisting & Magic Duct Tape Wallet Workshop

**Ages:** 5-14 years  
Rich The Magic Man will hold a 2-hour workshop. You will learn the Secrets of Magic and take all tricks home. Learn Balloon Twisting and make Dogs, Dolphins, Sharks, Elephants and more. First time ever, you will make a Magic Duct Tape Wallet that will amaze your friends and family. This is a hands on workshop.

**Instructor:** Rich Stein

**Location:** PCC

**Date:** **Code: 135817-A** Sat., 2/15 9:30-11:30 AM (1 class) Res \$32, Non-Res \$35

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

## YOUTH & TEEN

### Mighty Dunks

**Ages:** 13 years and over  
Join the Mighty Dunks basketball program that will be run through Perinton Community Center. **\*\*All registrations will be handled and processed by Perinton Community Center.\*\*** This inclusive, socially engaging program for teens and adults with varying abilities is centered around learning the game of basketball while having a lot of fun! Participants ages 13 and up, come join the fun! The Mighty Dunks Skills Team will be offering differentiation and skill development for individuals of all abilities and skill levels. The Mighty Dunks Competitive Team will allow team members to work on basketball skills at a competitive level, with increased action, physicality, and sustained activity throughout the session. Both programs feature opportunities for practice and gameplay, and will focus on creating inclusive opportunities and differentiation for all individuals. Tournament and Pizza for both teams on Tuesday, 6/17 5:45-7:15 PM.

Competitive Team coached by Jerard Johnson & Skill Development coached by David Masterson.

**Location:** PCC

**Dates:** **Competitive Team**  
**Code: 124355-A** Tu., 1/14, 1/28, 2/11, 2/25, 3/11, 3/25, 4/8, 4/22, 5/6, 5/20, 6/3 5:45-7:15 PM (12 classes) Res \$120, Non-Res \$130  
**Skill Development**  
**Code: 124355-B** Tu., 1/21, 2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13, 5/27, 6/10 5:45-7:15 PM (12 classes) Res \$120, Non-Res \$130

**Signing Up:** This popular program has a limited enrollment and slots are filling up fast. Registrations will be processed by first to sign up and by space available. Once the maximum number of participants is reached, no additional sign-ups will be accepted. Walk-ins to the program will not be accepted, once the maximum number of participants is reached.

How to Register through Perinton Community Center.

1. Self Pay: Families register on WebTrac through the link below if they are paying on their own. <https://webtrac.perinton.org/wbws/webtrac.wsc/>

2. Paying through Self Direction: Families will use Perinton Recreation and Parks Registration form to complete registration. The form can be accessed through the link below and can be emailed, mailed or dropped off at the Community Center. You can email the form to Kelly Attridge at [kattridge@perinton.org](mailto:kattridge@perinton.org). <https://perinton.org/wp-content/uploads/Registration-Form-05.04.22.pdf>

### Petite Hip Hop/Tumble

**Ages:** 5-8 years  
This combo class is for students who 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.

**Instructors:** Studio East Dance Company Staff

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

**Dates:** **Code: 125935-A** Th., 1/30-4/10 (ex. 2/20) 5:30-6:30 PM (10 classes) Res \$156, Non-Res \$166

### Preps Hip Hop and Tumble

**Ages:** 7-10 years  
A fun-filled class perfect for kids who want to learn hip-hop and tumble! Each class will consist of part dance instruction followed by part tumble lesson. Students will learn Hip Hop moves and combinations to enhance and develop coordination followed by tumbling that will cover basic fundamentals and challenge each student at their individual skill levels. Dancers will learn hip hop steps to appropriate and motivating music while becoming aware of all the creative ways their body can move.

**Instructors:** Studio East Dance Company Staff

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

**Dates:** **Code: 124870-A** F., 1/31-4/11 (ex. 2/21) 5:30-6:30 PM (10 classes) Res \$156, Non-Res \$166

### Preps Tumble

**Ages:** 6-10 years  
This is a fun class that introduces students to basic tumbling fundamentals. This includes forwards and backwards rolls, bridges, cartwheels and variations and more. Students will work on strength and body awareness, all while working on solid foundations of beginner skills in a safe and supportive way.

**Instructors:** Studio East Dance Company Staff

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

**Dates:** **Code: 124867-A** M., 1/27-4/7 (ex. 2/17) 4:30-5:15 PM (10 classes) Res \$135, Non-Res \$145

### Running Club 1 & 2

**Ages:** 5-10 years  
Ninja-warrior size fun because Winter is all about agility! Running and coordination improved through technique and practice. Gain the speed, power and strength we use for our ninja challenges like the warp-wall and the over/under obstacle courses! Second session has new challenges including putting our new agility skill into the inflatable gaga pit! Too much fun to miss - great for girls and boys alike!

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 124866-A** Th., 1/23-2/27 (ex. 2/20) 4:45-5:30 PM (5 classes) Res \$79, Non-Res \$86

**Code: 124866-B** Th., 3/13-4/10 4:45-5:30 PM (5 classes) Res \$79, Non-Res \$86

### **NEW!!** Running Club Jr.

**Ages:** 4-7 years  
A great intro to "Running Club" for kids just like you! Proper running technique is helpful for every sport and healthy movement, plus, it's fun! So come try out all the ways to be agile, ninja-fast and fit while we use different sports and games to set goals and reach them! Each session has new activities to try!

**Instructor:** Mary Slaughter

**Location:** PCC

**Dates:** **Code: 124871-A** Th., 1/23-2/27 (ex. 2/20) 4:15-4:45 PM (5 classes) Res \$69, Non-Res \$76

**Code: 124871-B** Th., 3/13-4/10 4:15-4:45 PM (5 classes) Res \$69, Non-Res \$76

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



## Safety First For Children and Basic First Aid For Children

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

**Instructors:** Ready to Respond, LLC

**Dates:** **Code: 125234-A** Sat., 1/25 9:00 AM-12:30 PM (1 class) Res \$75, Non-Res \$83  
**Code: 125234-B** Sat., 3/29 9:00 AM-12:30 PM (1 class) Res \$75, Non-Res \$83

## Schoolbreakers

**Ages:** 5-11 years  
Hey kids, school's out and the fun is in here! Schoolbreakers is for students who have a day off from school and would like to enjoy age-appropriate activities at Perinton Community Center. Enjoy gym games, fun in the pool, arts and crafts, and more! Space is limited, so please register early. Please bring a swimsuit and towel, bagged lunch, and snacks each day of the program.

**Location:** PCC

**Dates:** **Code: 125870-A** Tu., 2/18 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61  
**Code: 125870-B** W., 2/19 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61  
**Code: 125870-C** Th., 2/20 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61  
**Code: 125870-D** F., 2/22 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61  
**Code: 125870-E** M., 4/14 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61  
**Code: 125870-F** Tu., 4/15 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61  
**Code: 125870-G** W., 4/16 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61  
**Code: 125870-H** Th., 4/17 8:00 AM-6:00 PM (1 class) Res \$55, Non-Res \$61

## Slave Experience and the Underground Railroad

See Adult page 51

## TAEKWONDO

### Advanced Taekwondo – Blue Belt Up

See Adult page 51

### Children Beginning Taekwondo

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

**Instructors:** Rochester Taekwondo Club

**Location:** PCC

**Dates:** **Code: 145847-G** Th., 1/23-4/10 (ex. 2/20) 5:45-6:20 PM (11 classes) Res \$88, Non-Res \$97

### Family Taekwondo

See Adult page 51

## Theatre Games

**Grades:** K-3  
Looking for something to do? Come join us for a class that will be packed with fun and excitement. Theatre games help students enhance skills in voice, movement and in thinking on their feet. These games are exercises designed to teach a skill that can be used on stage (and in real life too!). Students in this class will have fun learning theatre skills while laughing and creating. Besides all of the valuable benefits, theatre games are also a ton of fun.

**Instructor:** Bravo! Creative Arts, Ed Rocha

**Location:** PCC

**Dates:** **Code: 125232-G** M., 1/27-2/10 5:30-6:00 PM Res \$50, Non-Res \$55

## Volleyball Instruction and Training: Girls and Boys

**Ages:** 8-14 years  
Girls and boys ages 8-11 focus on skills development. Girls and boys ages 12-14 work on skills development and game playing. The program is designed to teach and improve the volleyball skills of passing, attacking, setting, serving and defense. It will teach them the rules of the sport and enhance their game playing knowledge and experience.

**Instructor:** John Bednarczyk

**Location:** PCC

**Dates:** **Code: 135302-A** Sat., 2/1-3/29 (ex. 2/22) 10:30 AM-12:00 PM (8 classes) Res \$100, Non-Res \$110

## Western Riding for All Ages

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

**Instructors:** JDL Trainers

**Location:** JDL Equine, 1942 Turk Hill Road

**Dates:** **Code: 145753-A** W., 1/22-2/12 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190  
**Code: 145753-B** W., 2/26-3/12 7:00-8:00 PM (3 classes) Res \$135, Non-Res \$145  
**Code: 145753-C** W., 3/19-4/9 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190

## NEW!! Winter Wonderland Dance Camp

**Ages:** 3-18 years  
This is a fun dance camp over February break with a Winter Wonderland theme. There will be dancing, arts and crafts, and watching a movie. If you cannot commit to the 4 days, you can pay per day.

**Instructors:** Studio East Dance Company Staff

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

**Dates:** **Code: 125856-A** M.-Th., 2/17-2/20 9:00 AM-12:00 PM (4 classes) Res \$150, Non-Res \$160  
**Code: 125856-B** M.-Th., 2/17-2/20 9:00 AM-3:00 PM (4 classes) Res \$300, Non-Res \$310  
**Code: 125856-C** M., 2/17 9:00 AM-12:00 PM (1 class) Res \$40, Non-Res \$44  
**Code: 125856-D** Tu., 2/18 9:00 AM-12:00 PM (1 class) Res \$40, Non-Res \$44  
**Code: 125856-E** W., 2/19 9:00 AM-12:00 PM (1 class) Res \$40, Non-Res \$44  
**Code: 125856-F** Th., 2/20 9:00 AM-12:00 PM (1 class) Res \$40, Non-Res \$44

## YOUTH & TEEN

### Youth Activity Nights

Grades: 6-8

Join us for select activities throughout the Winter! Students will have the ability to use the Perinton Community Center as a place to socialize, make friends and play games. Our youth team supervises all programs, so parents can have some free time. All participants 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 3/1, registration deadline 2/22), unless authorized by the Recreation Supervisor. Enroll early to avoid program cancellation! If your child would like to see an event offered by the Community Center, please contact Michael Clark (Recreation Supervisor) [mclark@perinton.org](mailto:mclark@perinton.org) with your idea!

### Youth Open Gym

Location: PCC

Date: **Code: 136105-A** Sat., 2/1 5:00-7:00 PM (1 class) Res \$10, Non-Res \$11

### Dodgeball Tournament

Location: PCC

Date: **Code: 136105-B** Sat., 3/1 5:00-7:00 PM (1 class) Res \$10, Non-Res \$11

### March Madness & Dinner

Location: PCC

Date: **Code: 136105-C** Sat., 3/22 5:00-7:00 PM (1 class) Res \$10, Non-Res \$11

### Splash Party

Location: PCC

Date: **Code: 136105-D** Sat., 4/12 5:00-7:00 PM (1 class) Res \$10, Non-Res \$11



### Youth Soccer

Grades: K-5, Co-Ed

This is an instructional soccer program focused on fundamentals and fun! A limited number of youth may participate dependent on coach and field availability. Registration closes on April 1st, however, the program may fill prior to this date. We will continue to accept registration as space allows. However, please register early as your desired night may fill.



**Coaches:** Volunteers are needed! Teams are coached by enthusiastic people who volunteer their time so that children can have a great experience and enjoy the sport. No formal soccer experience is required. If interested in coaching, please complete the form, following this QR code, or email Kelly at [kattridge@perinton.org](mailto:kattridge@perinton.org) if you are interested in coaching, no later than April 1st. We perform background checks on all our youth sport coaches.

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

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

Please share the general amount of soccer experience your child has to help us create fair and balanced teams - Beginner, Intermediate, Advanced/Travel Player

How many seasons has your child played in the Perinton Recreation and Parks Youth League?

What school does your child attend?

What size t-shirt does your child wear? Youth Small, Youth Medium, Youth Large, Youth XL, Adult Small or Adult Medium

**Location:** Center Park East and West Soccer Fields

**Dates:** Starts week of May 6 (5/6-6/28 [ex. 5/24])

**Day & Time:** Weeknight practice 6:00 PM to 7:00 PM and Saturday game start time between 8:45 AM-11:15 AM.

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

#### **Grades K-1**

**Code: 224721-AA** Practice Tuesdays

**Code: 224721-AB** Practice Wednesdays

**Code: 224721-AC** Practice Thursdays

#### **Grades 2-3**

**Code: 224721-BA** Practice Tuesdays

**Code: 224721-BB** Practice Wednesdays

**Code: 224721-BC** Practice Thursdays

#### **Grades 4-5**

**Code: 224721-CA** Practice Tuesdays

**Code: 224721-CB** Practice Wednesdays

**Code: 224721-CC** Practice Thursdays

### Youth Tennis 101

Ages: 9-12 years

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

**Instructor:** Avi Abbittan

**Location:** PCC

**Dates:** **Code: 125225-A** Sun., 3/9-4/13 2:30-4:00 PM (6 classes) Res \$150, Non-Res \$160



# YOUTH & TEEN ARTS & CRAFTS AND COOKING

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

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

## NEW!! *Art Adventures*

Grades: 4-6  
This afterschool Art Studio will involve experimentation with a variety of techniques, materials and explore a range of subject matter including inspiration by famous artists. The class will emphasize painterly qualities, individual expression and strong color over the representational or realistic values.

Instructor: Tracy Briggs  
Location: PCC  
Dates: **Code: 122816-A** Tu., 1/21-2/11 3:45-5:00 PM (4 classes) Res \$85, Non-Res \$94  
**Code: 122816-B** W., 1/22-2/12 3:45-5:00 PM (4 classes) Res \$85, Non-Res \$94  
**Code: 122816-C** Tu., 2/25-4/8 3:45-5:00 PM (6 classes) Res \$125, Non-Res \$135  
**Code: 122816-D** W., 2/26-4/9 3:45-5:00 PM (6 classes) Res \$125, Non-Res \$135

## NEW!! *Bob Ross Painting Night*

Ages: 8-14 years  
Bring a friend to a fun and relaxed evening of painting just like Bob Ross! Yes, of course your landscape can have "happy little trees" as we paint a cozy cabin in the woods! All materials provided and no experience needed. We will end class with a few rounds of "Bob Ross Bingo" and prizes.

Instructor: Ginny Schenker  
Location: PCC  
Date: **Code: 132881-A** Sat., 4/5 4:00-6:30 PM (1 class) Res \$25, Non-Res \$28

## NEW!! *Comic Book and Cartooning Class*

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

Instructor: Brian Petty  
Location: PCC  
Dates: **Code: 122870-A** Tu., 1/21-2/11 4:30-5:30 PM (4 classes) Res \$48, Non-Res \$53  
**Code: 122870-B** Tu., 3/4-3/25 4:30-5:30 PM (4 classes) Res \$48, Non-Res \$53

## NEW!! *Crochet Granny Squares: Tank Top or Tote*

See Adult Arts & Crafts and Cooking page 53

## NEW!! *Hot Chocolate Bombs!*

Ages: 8-14 years  
Let's make 2 hot chocolate bombs! We will also melt chocolate to make chocolate covered pretzels, chocolate covered Oreo cookies, peppermint bark and nonpareils candy. You'll love drizzling some of these sweet treats with white chocolate to take home! At the end of class, try one of your hot chocolate bombs and enjoy a warm brownie served with ice cream!

Instructor: Ginny Schenker  
Location: PCC  
Date: **Code: 135888-A** Sat., 3/8 5:00-6:30 PM (1 class) Res \$25, Non-Res \$28

## *Knitting at Noon: Fingerless Gloves*

See Adult Arts & Crafts and Cooking page 54

## *Learn to Crochet*

See Adult Arts & Crafts and Cooking page 54

## *Needles at Noon: Learn to Knit*

See Adult Arts & Crafts and Cooking page 54

## *Winter Break Art & Cooking Camp!*

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

Instructor: Ginny Schenker  
Location: PCC  
Dates: **Code: 432872-A** M.-F., 2/17-2/21 8:30 AM-1:00 PM (5 classes) Res \$220, Non-Res \$230  
**Note: This was also in the Fall brochure, so registration is already open.**



# AQUATICS



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

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

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

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

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

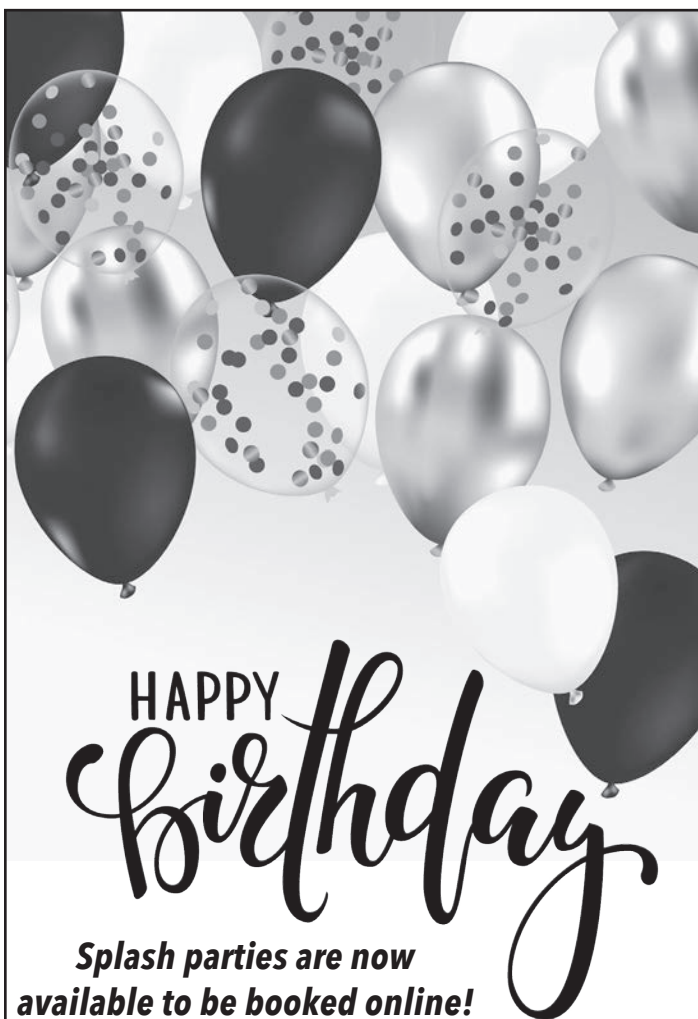
## PERINTON AQUATIC CENTER RULES

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

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



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



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

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



## Preschool Splash

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

**Dates:** M., W. & F., 1/20-4/11 8:45-10:45 AM

**Fees:** Res \$5.50 (1 adult & 1 child), Non-Res \$8.00 (1 adult & 1 child)  
\$2.25 each additional child (either Res or Non-Res)  
10x stamp pass – Res \$50, Non-Res \$72  
**Not available on WebTrac.**

## Try Scuba

**Ages:** 12 years and over  
The Try Scuba program is an ideal introduction to scuba diving offering a safe, confined water experience with a professional instructor. Enjoy your first underwater breaths and discover the magic of diving. Completing this course earns you a try scuba recognition card setting you on a path of endless diving adventures.

**Instructor:** Jim Wieser  
**Location:** PCC

**Dates:** **Code: 133210-A** W., 1/22 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50  
**Code: 133210-B** W., 2/19 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50  
**Code: 133210-C** W., 3/19 6:00-8:00 PM (1 class) Res \$45, Non-Res \$50

## Red Cross Lifeguard Certification

**Ages:** 15 years and over  
Registrants must pass a prerequisite swim of 300 continuous yards using front crawl and/or breaststroke, 2 minutes of treading without the use of arms, and a timed 20 yard swim with retrieval of 10 pound brick. Must complete prerequisite before registering. To set up a time to complete the swim, contact Sean Anne at [sanne@perinton.org](mailto:sanne@perinton.org). All materials supplied. Time for lunch will be given. Completion of class does not guarantee employment with Perinton Aquatics.

**Instructors:** ARC Lifeguard Instructors  
**Location:** PCC

**Dates:** **Code: 143388-A** Tu.-Th., 2/18-2/20 9:00 AM-5:00 PM (3 classes) Res \$165, Non-Res \$175

## AQUATICS

### Intro to Swim Training

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

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

**Dates:**  
**Code: 143901-A** Tu., 1/21-2/25 7:30-8:30 AM (6 classes) Res \$54, Non-Res \$60  
**Code: 143901-B** Tu., 3/4-4/8 7:30-8:30 AM (6 classes) Res \$54, Non-Res \$60  
**Code: 143901-C** Th., 1/23-2/27 8:30-9:30 AM (6 classes) Res \$54, Non-Res \$60  
**Code: 143901-D** Th., 3/6-4/10 8:30-9:30 AM (6 classes) Res \$54, Non-Res \$60  
**Code: 143901-E** Tu. & Th., 1/21-2/27 Tu., 7:30-8:30 AM, Th., 8:30-9:30 AM (12 classes) Res \$108, Non-Res \$118  
**Code: 143901-F** Tu. & Th., 3/4-4/10 Tu., 7:30-8:30 AM, Th., 8:30-9:30 AM (12 classes) Res \$108, Non-Res \$118  
**Code: 143901-G** Tu., 1/21-2/25 6:00-7:00 PM (6 classes) Res \$54, Non-Res \$60  
**Code: 143901-H** Tu., 3/4-4/8 6:00-7:00 PM (6 classes) Res \$54, Non-Res \$60

### Genesee Valley Masters Swimming

**Ages:** 18 years and over  
USA Masters registered program offering high quality, coached instruction for competitive swimmers, Triathletes, lap swimmers and anyone else interested in participating. Participants have multiple practice times. Perinton Aquatic Center M., W., F. mornings 6:00-7:30 AM and Tu. & Th., 5:30-7:30 AM. Contact Laura at lsilins@perinton.org to begin your free 2 week trial!

**Not available on WebTrac.**

### 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 additional participants for an added cost. Max of four participants per class. Classes are taught in the lap or leisure pool, according to the participant's needs. Suitable for kids and adults.

**Semi-Private Fees:** Each additional participant  
• 8 classes – Res \$96, Non-Res \$106

#### SUNDAY

**1/26-3/30 (ex. 2/16, 2/23) (8 classes)**

**Res \$224 Non-Res \$234**

**Code: 113120-UA, UB or UC** 9:00-9:30 AM

**Code: 113120-UD, UE or UF** 9:35-10:05 AM

**Code: 113120-UG, UH or UI** 10:10-10:40 AM

**Code: 113120-UJ, UK or UL** 10:45-11:15 AM

**Code: 113120-UM, UN or UO** 11:20-11:50 AM

#### MONDAY

**1/27-3/24 (ex. 2/17) (8 classes)**

**Res \$224, Non-Res \$234**

**Code: 113120-MA or MB** 3:40-4:10 PM

**Code: 113120-MC or MD** 4:15-4:45 PM

**Code: 113120-ME or MF** 4:50-5:20 PM

**Code: 113120-MG or MH** 5:25-5:55 PM

**Code: 113120-MI or MJ** 6:00-6:30 PM



#### TUESDAY

**1/28-3/25 (ex. 2/18) (8 classes)**

**Res \$224, Non-Res \$234**

**Code: 113120-TA** 9:00-9:30 AM

**Code: 113120-TB** 9:35-10:05 AM

**Code: 113120-TC** 10:10-10:40 AM

**Code: 113120-TD** 10:45-11:15 AM

**Code: 113120-TE or TF** 3:40-4:10 PM

**Code: 113120-TG or TH** 4:15-4:45 PM

**Code: 113120-TI or TJ** 4:50-5:20 PM

**Code: 113120-TK or TL** 5:25-5:55 PM

**Code: 113120-TM or TN** 6:00-6:30 PM

#### WEDNESDAY

**1/29-3/26 (ex. 2/19) (8 classes)**

**Res \$224, Non-Res \$234**

**Code: 113120-WA, WB or WC** 3:40-4:10 PM

**Code: 113120-WD, WE or WF** 4:15-4:45 PM

**Code: 113120-WG, WH or WI** 4:50-5:20 PM

**Code: 113120-WJ, WK or WL** 5:25-5:55 PM

**Code: 113120-WM, WN or WO** 6:00-6:30 PM

#### THURSDAY

**1/30-3/27 (ex. 2/20) (8 classes)**

**Res \$224, Non-Res \$234**

**Code: 113120-RA** 9:00-9:30 AM

**Code: 113120-RB** 9:35-10:05 AM

**Code: 113120-RC** 10:10-10:40 AM

**Code: 113120-RD** 10:45-11:15 AM

**Code: 113120-RE or RF** 3:40-4:10 PM

**Code: 113120-RG or RH** 4:15-4:45 PM

**Code: 113120-RI or RJ** 4:50-5:20 PM

**Code: 113120-RK or RL** 5:25-5:55 PM

**Code: 113120-RM or RN** 6:00-6:30 PM

#### FRIDAY

**1/31-3/28 (ex. 2/21) (8 classes)**

**Res \$224, Non-Res \$234**

**Code: 113120-FA, FB or FC** 3:40-4:10 PM

**Code: 113120-FD, FE or FG** 4:15-4:45 PM

**Code: 113120-FH, FI or FJ** 4:50-5:20 PM

**Code: 113120-FK, FL or FM** 5:25-5:55 PM

#### SATURDAY

**1/25-3/29 (ex. 2/15-2/22) (8 classes)**

**Res \$224, Non-Res \$234**

**Code: 113120-SA** 8:25-8:55 AM

**Code: 113120-SB** 9:00-9:30 AM

**Code: 113120-SC** 9:35-10:05 AM

**Code: 113120-SD or SE** 10:10-10:40 AM

**Code: 113120-SF or SG** 10:45-11:15 AM

**Code: 113120-SH** 11:20-11:50 AM



## GROUP SWIMMING LESSONS

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

### Waterbabies

**Ages:** 6 months – 2.99 years (parent participation in water, swimsuit required)  
Waterbabies will help familiarize children between the ages of 6 months up to 3 years with the water and teach swimming readiness skills. This class will provide safety information for parents and teach techniques parents can use to orient their children to the water. No skill prerequisites, child must be at least 6 months old; parent must accompany child to each class.

#### 8 classes - Res \$80, Non-Res \$88

**Code: 113110-TA** Tu., 1/28-3/25 (ex. 2/18) 10:45-11:15 AM (8 classes)  
**Code: 113110-TB** Tu., 1/28-3/25 (ex. 2/18) 6:00-6:30 PM (8 classes)  
**Code: 113110-WA** W., 1/29-3/26 (ex. 2/19) 10:45-11:15 AM (8 classes)  
**Code: 113110-RA** Th., 1/30-3/27 (ex. 2/20) 10:45-11:15 AM (8 classes)  
**Code: 113110-RB** Th., 1/30-3/27 (ex. 2/20) 6:00-6:30 PM (8 classes)  
**Code: 113110-SA** Sat., 1/25-3/29 (ex. 2/15, 2/22) 8:25-8:55 AM (8 classes)  
**Code: 113110-SB** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:00-9:30 AM (8 classes)  
**Code: 113110-SC** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:35-10:05 AM (8 classes)  
**Code: 113110-SD** Sat., 1/25-3/29 (ex. 2/15, 2/22) 10:10-10:40 AM (8 classes)  
**Code: 113110-SE** Sat., 1/25-3/29 (ex. 2/15, 2/22) 10:45-11:15 AM (8 classes)  
**Code: 113110-UA** Sun., 1/26-3/30 (ex. 2/16, 2/23) 9:00-9:30 AM (8 classes)  
**Code: 113110-UB** Sun., 1/26-3/30 (ex. 2/16, 2/23) 10:10-10:40 AM (8 classes)  
**Code: 113110-UC** Sun., 1/26-3/30 (ex. 2/16, 2/23) 10:45-11:15 AM (8 classes)

### Sea Urchins

**Ages:** 3 – 5.99 years  
Learning Outcomes: Nemos and Squirts in the same class! Children will be taught and grouped according to ability. No prerequisite. Guaranteed 3:1 ratio for maximum benefit.

#### 8 classes - Res \$92, Non-Res \$101

**Code: 113119-TA** Tu., 1/28-3/25 (ex. 2/18) 9:00-9:30 AM (8 classes)  
**Code: 113119-TB** Tu., 1/28-3/25 (ex. 2/18) 9:35-10:05 AM (8 classes)  
**Code: 113119-TC** Tu., 1/28-3/25 (ex. 2/18) 10:10-10:40 AM (8 classes)  
**Code: 113119-TD** Tu., 1/28-3/25 (ex. 2/18) 1:00-1:30 PM (8 classes)  
**Code: 113119-TE** Tu., 1/28-3/25 (ex. 2/18) 1:35-2:05 PM (8 classes)  
**Code: 113119-TF** Tu., 1/28-3/25 (ex. 2/18) 2:10-2:40 PM (8 classes)  
**Code: 113119-TG** Tu., 1/28-3/25 (ex. 2/18) 4:15-4:45 PM (8 classes)  
**Code: 113119-TH** Tu., 1/28-3/25 (ex. 2/18) 4:50-5:20 PM (8 classes)  
**Code: 113119-TI** Tu., 1/28-3/25 (ex. 2/18) 5:25-5:55 PM (8 classes)  
**Code: 113119-WA** W., 1/29-3/26 (ex. 2/19) 9:00-9:30 AM (8 classes)  
**Code: 113119-WB** W., 1/29-3/26 (ex. 2/19) 9:35-10:05 AM (8 classes)  
**Code: 113119-WD** W., 1/29-3/26 (ex. 2/19) 10:10-10:40 AM (8 classes)  
**Code: 113119-RA** Th., 1/30-3/27 (ex. 2/20) 9:00-9:30 AM (8 classes)  
**Code: 113119-RB** Th., 1/30-3/27 (ex. 2/20) 9:35-10:05 AM (8 classes)  
**Code: 113119-RC** Th., 1/30-3/27 (ex. 2/20) 10:10-10:40 AM (8 classes)  
**Code: 113119-RD** Th., 1/30-3/27 (ex. 2/20) 1:00-1:30 PM (8 classes)  
**Code: 113119-RE** Th., 1/30-3/27 (ex. 2/20) 1:35-2:05 PM (8 classes)  
**Code: 113119-RF** Th., 1/30-3/27 (ex. 2/20) 2:10-2:40 PM (8 classes)  
**Code: 113119-RG** Th., 1/30-3/27 (ex. 2/20) 4:15-4:45 PM (8 classes)  
**Code: 113119-RH** Th., 1/30-3/27 (ex. 2/20) 4:50-5:20 PM (8 classes)  
**Code: 113119-RI** Th., 1/30-3/27 (ex. 2/20) 5:25-5:55 PM (8 classes)  
**Code: 113119-SA** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:00-9:30 AM (8 classes)  
**Code: 113119-SB** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:35-10:05 AM (8 classes)  
**Code: 113119-SC** Sat., 1/25-3/29 (ex. 2/15, 2/22) 10:10-10:40 AM (8 classes)  
**Code: 113119-SD** Sat., 1/25-3/29 (ex. 2/15, 2/22) 10:45-11:15 AM (8 classes)  
**Code: 113119-SE** Sat., 1/25-3/29 (ex. 2/15, 2/22) 11:20-11:50 AM (8 classes)  
**Code: 113119-UA** Sun., 1/26-3/30 (ex. 2/16, 2/23) 9:35-10:05 AM (8 classes)  
**Code: 113119-UB** Sun., 1/26-3/30 (ex. 2/16, 2/23) 10:45-11:15 AM (8 classes)  
**Code: 113119-UC** Sun., 1/26-3/30 (ex. 2/16, 2/23) 11:20-11:50 AM (8 classes)

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

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

### Red Cross Level 1

(Limited Experience)

**Ages:** 6 – 8 years

- Class is designed for 6-8 year olds with limited swim experience.
- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm/leg actions on front and back
- Combined arm and leg actions on front and back
- No prerequisite. Guaranteed 5:1 ratio for maximum benefit.

#### 8 classes - Res \$80, Non-Res \$88

**Code: 123111-TA** Tu., 1/28-3/25 (ex. 2/18) 4:15-4:45 PM (8 classes)  
**Code: 123111-TB** Tu., 1/28-3/25 (ex. 2/18) 4:50-5:20 PM (8 classes)  
**Code: 123111-TC** Tu., 1/28-3/25 (ex. 2/18) 5:25-5:55 PM (8 classes)  
**Code: 123111-RA** Th., 1/30-3/27 (ex. 2/20) 4:15-4:45 PM (8 classes)  
**Code: 123111-RB** Th., 1/30-3/27 (ex. 2/20) 4:50-5:20 PM (8 classes)  
**Code: 123111-RC** Th., 1/30-3/27 (ex. 2/20) 5:25-5:55 PM (8 classes)  
**Code: 123111-UA** Sun., 1/26-3/30 (ex. 2/16, 2/23) 9:00-9:30 AM (8 classes)

### Red Cross Level 2

**Ages:** 6 – 10 years

- Child must be 6, have a Level 1 card or taken Squirts to enroll.
- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back floats and glides
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Guaranteed 5:1 ratio for maximum benefit

#### 8 classes - Res \$80, Non-Res \$88

**Code: 123112-TA** Tu., 1/28-3/25 (ex. 2/18) 4:15-4:45 PM (8 classes)  
**Code: 123112-TB** Tu., 1/28-3/25 (ex. 2/18) 4:50-5:20 PM (8 classes)  
**Code: 123112-TC** Tu., 1/28-3/25 (ex. 2/18) 5:25-5:55 PM (8 classes)  
**Code: 123112-RA** Th., 1/30-3/27 (ex. 2/20) 4:15-4:45 PM (8 classes)  
**Code: 123112-RB** Th., 1/30-3/27 (ex. 2/20) 4:50-5:20 PM (8 classes)  
**Code: 123112-RC** Th., 1/30-3/27 (ex. 2/20) 5:25-5:55 PM (8 classes)  
**Code: 123112-SA** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:00-9:30 AM (8 classes)  
**Code: 123112-SB** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:35-10:05 AM (8 classes)  
**Code: 123112-SC** Sat., 1/25-3/29 (ex. 2/15, 2/22) 10:45-11:15 AM (8 classes)  
**Code: 123112-UA** Sun., 1/26-3/30 (ex. 2/16, 2/23) 9:35-10:05 AM (8 classes)

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

# AQUATICS

## Red Cross Level 3

Ages: 6 - 12 years

- Child must have a Level 2 card to enroll.
- Enter water by jumping from the side
- Headfirst entries from sitting and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival and back float
- Change direction from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Guaranteed 6:1 ratio for maximum benefit

**8 classes - Res \$80, Non-Res \$88**

**Code: 123113-TA** Tu., 1/28-3/25 (ex. 2/18) 4:15-4:45 PM (8 classes)

**Code: 123113-TB** Tu., 1/28-3/25 (ex. 2/18) 6:00-6:30 PM (8 classes)

**Code: 123113-RA** Th., 1/30-3/27 (ex. 2/20) 4:15-4:45 PM (8 classes)

**Code: 123113-RB** Th., 1/30-3/27 (ex. 2/20) 6:00-6:30 PM (8 classes)

**Code: 123113-SA** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:00-9:30 AM (8 classes)

**Code: 123113-SB** Sat., 1/25-3/29 (ex. 2/15, 2/22) 10:10-10:40 AM (8 classes)

**Code: 123113-UA** Sun., 1/26-3/30 (ex. 2/16, 2/23) 10:10-10:40 AM (8 classes)

## Red Cross Level 4

Ages: 6 - 14 years

- Child must have a Level 3 card to enroll.
- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Guaranteed 8:1 ratio for maximum benefit

**8 classes - Res \$80, Non-Res \$88**

**Code: 123114-TA** Tu., 1/28-3/25 (ex. 2/18) 4:15-4:45 PM (8 classes)

**Code: 123114-TB** Tu., 1/28-3/25 (ex. 2/18) 6:00-6:30 PM (8 classes)

**Code: 123114-RA** Th., 1/30-3/27 (ex. 2/20) 4:15-4:45 PM (8 classes)

**Code: 123114-RB** Th., 1/30-3/27 (ex. 2/20) 6:00-6:30 PM (8 classes)

**Code: 123114-SA** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:00-9:30 AM (8 classes)

**Code: 123114-SB** Sat., 1/25-3/29 (ex. 2/15, 2/22) 10:10-10:40 AM (8 classes)



## Red Cross Level 5

Ages: 6 - 14 years

- Child must have a Level 4 card to enroll.
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Guaranteed 8:1 ratio for maximum benefit

**8 classes - Res \$80, Non-Res \$88**

**Code: 123115-TA** Tu., 1/28-3/25 (ex. 2/18) 4:50-5:20 PM (8 classes)

**Code: 123115-RA** Th., 1/30-3/27 (ex. 2/20) 4:50-5:20 PM (8 classes)

**Code: 123115-SA** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:35-10:05 AM (8 classes)

## Red Cross Level 6

Ages: 6 - 14 years

- Child must have a Level 5 card to enroll.
- Refine the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances
- Guaranteed 8:1 ratio for maximum benefit

**8 classes - Res \$80, Non-Res \$88**

**Code: 123116-TA** Tu., 1/28-3/25 (ex. 2/18) 4:50-5:20 PM (8 classes)

**Code: 123116-RA** Th., 1/30-3/27 (ex. 2/20) 4:50-5:20 PM (8 classes)

**Code: 123116-SA** Sat., 1/25-3/29 (ex. 2/15, 2/22) 9:35-10:05 AM (8 classes)





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

## MONDAY

### Total Body Aqua Size

**Ages:** 12 years and over  
Work your arms, legs, abs and back using the resistance of water. 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 Halsted Hall  
**Location:** PCC  
**Dates:** **Code: 143810-A** M., 1/20-4/7 (ex. 3/10, 3/17) 9:00-10:00 AM (10 classes) Res \$80, Non-Res \$88

### Aqua Volley Beach Ball

**Ages:** 12 years and over  
How long can you keep the beach ball in play? Exercise your muscles by jumping, reaching and stretching. Laugh and at the same time improve your reflexes. \*Not actual volley ball\*

**Instructor:** Marjory Halsted Hall  
**Location:** PCC  
**Dates:** **Code: 143818-A** M., 1/20-4/7 (ex. 3/10, 3/17) 10:00-10:45 AM (10 classes) Res \$80, Non-Res \$88

### AquaFit

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

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 143831-A** M., 1/27-4/7 (ex. 2/17) 6:00-6:45 PM (10 classes) Res \$80, Non-Res \$88

## TUESDAY

### AquaFit

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

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 143831-B** Tu., 1/28-4/8 (ex. 2/18) 8:35-9:20 AM (12 classes) Res \$88, Non-Res \$97

### Aqua Endurance

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

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 143832-B** Tu., 1/21-4/8 (ex. 2/18) 9:30-10:15 AM (12 classes) Res \$88, Non-Res \$97

### Aqua Circuit

**Ages:** 18 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: 143837-A** Tu., 1/21-4/8 (ex. 2/18) 10:30-11:15 AM (12 classes) Res \$88, Non-Res \$97

## WEDNESDAY

### Heat Up the Pool

**Ages:** 12 years and over  
Turn up the heat with water aerobics! Challenge yourself with buoys, barbells, bands and other means of torture. Work on cardio, flexibility and strength. You determine the intensity. Both shallow and deep end of the pool will be used.

**Instructor:** Marjory Halsted Hall  
**Location:** PCC  
**Dates:** **Code: 143817-A** W., 1/22-4/9 (ex. 3/12) 9:00-10:00 AM (11 classes) Res \$88, Non-Res \$97

### Let's Get Moving

**Ages:** 12 years and over  
Low impact! Water moves to strengthen muscles and improve range of motion. Challenge yourself using different water tools (buoys, bands, barbells, etc.) to add resistance to moves.

**Instructor:** Marjory Halsted Hall  
**Location:** PCC  
**Dates:** **Code: 143870-A** W., 1/22-4/9 (ex. 3/12) 10:00-11:00 AM (11 classes) Res \$88, Non-Res \$97

### Aqua Endurance

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

**Instructor:** Marsha Young  
**Location:** PCC  
**Dates:** **Code: 143832-C** W., 1/22-4/9 (ex. 2/19) 5:30-6:15 PM (12 classes) Res \$88, Non-Res \$97





## AQUATIC FITNESS



### THURSDAY

#### **BIM – Bodies in Motion**

**Ages:** 18 years and over  
A low-impact, full body workout walking with and against the current. Great for muscle, bone and joint rehabilitation. Fun for all! From 10:15-10:30 AM we will concentrate on upper body exercises using various equipment.

**Instructor:** Marsha Young

**Location:** PCC

**Dates:** **Code: 143871-A** Th., 1/23-4/10 (ex. 2/20) 9:30-10:15 AM (12 classes) Res \$88, Non-Res \$97

#### **Aqua Circuit**

**Ages:** 18 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: 143837-B** Th., 1/23-4/10 (ex. 2/20) 10:30-11:15 AM (12 classes) Res \$88, Non-Res \$97

**Register Online Using  
Our WebTrac System  
See Page 19**

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

### FRIDAY

#### **Total Body Aqua Size**

**Ages:** 12 years and over  
Work your arms, legs, abs and back using the resistance of water. 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 Halsted Hall

**Location:** PCC

**Dates:** **Code: 143810-B** F., 1/24-4/11 (ex. 3/7, 3/14) 9:00-10:00 AM (10 classes) Res \$80, Non-Res \$88

#### **Let's Get Moving**

**Ages:** 12 years and over  
Low impact! Water moves to strengthen muscles and improve range of motion. Challenge yourself using different water tools (buoys, bands, barbells, etc.) to add resistance to moves.

**Instructor:** Marjory Halsted Hall

**Location:** PCC

**Dates:** **Code: 143870-B** F., 1/24-4/11 (ex. 3/7, 3/14) 10:00-11:00 AM (10 classes) Res \$80, Non-Res \$88

#### **Sha-Deep**

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

**Instructor:** Marcie Bartolotta

**Location:** PCC

**Dates:** **Code: 143806-A** F., 1/24-4/11 (ex. TBA) 12:15-1:00 PM (12 classes) Res \$91, Non-Res \$100

### SUNDAY

#### **Aqua Endurance**

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

**Instructor:** Marsha Young

**Location:** PCC

**Dates:** **Code: 143832-A** Sun., 1/26-4/13 (ex. 2/23) 9:15-10:00 AM (12 classes) Res \$88, Non-Res \$97



# Health & Fitness



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

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

**Aerobics:** \$9.50 Res./\$10.50 Non-Res.

## MONDAY

### Bootcamp

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

**Instructor:** Marcie Nicastro  
**Location:** PCC  
**Dates:** **Code: 141866-B** M., 2/3-4/7 (ex. TBA) 6:15-7:15 PM (9 classes) Res \$72, Non-Res \$79

## TUESDAY

### Zumba

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

**Instructor:** Frankie Engelbert  
**Location:** PCC  
**Dates:** **Code: 141810-E** Tu., 1/21-4/8 (ex. 2/25, TBA) 6:00-7:00 PM (10 classes) Res \$80, Non-Res \$88

### Zumba Combo

**Ages:** 14 years and over  
Sign up for both Zumba classes together and save money.

**Instructor:** Frankie Engelbert  
**Location:** PCC  
**Dates:** **Code: 141810-EA** Tu. & Th., 1/21-4/10 (ex. 2/20, 2/25, 2/27, 2 TBA) 6:00-7:00 PM (19 classes) Res \$122, Non-Res \$132

## 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: 141885-A** W., 1/22-4/9 (ex. TBA) 5:30-6:30 PM (11 classes) Res \$88, Non-Res \$97

### Wednesday Night Yoga

**Ages:** 18 years and over  
Practicing yoga improves flexibility, core strength and balance. Moving with the breath and proper alignment will be taught. Modifications will be offered. Previous yoga experience is suggested. Participants must bring their own yoga mat.

**Instructor:** Lorra Ferrar  
**Location:** PCC  
**Dates:** **Code: 141803-A** W., 3/5-4/9 5:30-6:45 PM (6 classes) Res \$48, Non-Res \$53



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

## THURSDAY

### NEW!! Perinton 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: 141856-A** Th., 1/23-4/10 (ex. 2 TBA) 4:30-5:20 PM (10 classes) Res \$80, Non-Res \$88

### 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: 141815-A** Th., 1/23-4/10 (ex. 2 TBA) 5:30-6:30 PM (10 classes) Res \$80, Non-Res \$88

### Zumba Toning

**Ages:** 14 years and over  
This class uses the international rhythms and steps of a regular Zumba class but incorporates the use of small hand-weights or toning sticks to get a more intensive muscle workout. Tone and dance!

**Instructor:** Frankie Engelbert  
**Location:** PCC  
**Dates:** **Code: 141810-A** Th., 1/23-4/10 (ex. 2/20, 2/27, TBA) 6:00-7:00 PM (9 classes) Res \$72, Non-Res \$79

### Zumba Combo

**Ages:** 14 years and over  
Sign up for both Zumba classes together and save money.

**Instructor:** Frankie Engelbert  
**Location:** PCC  
**Dates:** **Code: 141810-EA** Tu. & Th., 1/21-4/10 (ex. 2/20, 2/25, 2/27, 2 TBA) 6:00-7:00 PM (19 classes) Res \$122, Non-Res \$132

## SATURDAY

### Bootcamp

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

**Instructor:** Marcie Nicastro  
**Location:** PCC  
**Dates:** **Code: 141866-A** Sat., 1/25-4/12 (ex. 2/1, 2 TBA) 7:45-8:45 AM (9 classes) Res \$72, Non-Res \$79

### Morning Hatha Flow Yoga

**Ages:** 18 years and over  
Begin your day with a clear mind, less physical and mental tensions and ready to bring the best of yourself into the day. A slower paced class so you can explore and enjoy the poses, develop correct alignment and enjoy this mind/body connection. A minimum of 6 months consistent practice is recommended.

**Instructor:** Cathy Ames  
**Location:** PCC  
**Dates:** **Code: 141841-A** Sat., 1/25-3/22 (ex. TBA) 8:00-9:15 AM (8 classes) Res \$64, Non-Res \$70

## SUNDAY

### Power Yoga

**Ages:** 16 years and over  
Power flow yoga will consist of a vinyasa practice with yoga poses linked together by breath and movement.

**Instructor:** Grace M. Carducci  
**Location:** PCC  
**Dates:** **Code: 141805-A** Sun., 1/26-2/16 9:00-9:45 AM (4 classes) Res \$32, Non-Res \$35

## ADULT PROGRAMS

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

### Becoming a Notary Public

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

**Instructor:** Kristin A. Cavallaro  
**Location:** ONLINE or Gates Chili HS or Rush Henrietta HS  
**Dates:** **Online Courses**  
**Code: 145910-A** M., 2/3-2/10 5:30-8:45 PM (2 classes) Res \$69, Non-Res \$76  
**Code: 145910-B** Sat., 2/8 9:00 AM-3:00 PM (1 class) Res \$69, Non-Res \$76  
**Gates Chili HS, 1 Spartan Way**  
**Code: 145910-C** M., 3/3-3/10 5:30-8:45 PM (2 classes) Res \$69, Non-Res \$76  
**Rush-Henrietta HS, 1799 Lehigh Station Road**  
**Code: 145910-D** Sat., 3/22 9:00 AM-3:00 PM (1 class) Res \$69, Non-Res \$76

### Better Balance for an Active Life

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

**Instructor:** Alyssa Ziolk  
**Location:** PCC  
**Dates:** **Code: 142809-A** W., 1/22-2/12 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88  
**Code: 142809-B** W., 2/26-3/19 9:00-9:40 AM (4 classes) Res \$80, Non-Res \$88



## Boatsafe NY – Boating Safety Certificate Course

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

**Instructor:** Kenneth G. Rainis  
**Location:** PCC  
**Dates:** **10-17 years/Veterans**  
**\*Code: 175841-A** Sat., 1/11 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**Code: 175841-B** Sat., 3/8 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**Code: 175841-C** Sat., 4/12 9:00 AM-5:00 PM (1 class) Res \$25, Non-Res \$28  
**18 years and over**  
**\*Code: 175841-AA** Sat., 1/11 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55  
**Code: 175841-BB** Sat., 3/8 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55  
**Code: 175841-CC** Sat., 4/12 9:00 AM-5:00 PM (1 class) Res \$50, Non-Res \$55  
**\*Due to early start date of sections A and AA, registration for those sections ONLY will be 12/23 (Res) and 12/30 (Non-Res).**

## NEW!! Cane Defense – Introduction – Using the Walking Cane for Self-Defense

**Ages:** 12 years and over  
The cane is a practical self-defense weapon for all ages, regardless of size, strength, experience or skill level. You don't need extensive martial arts training to become proficient with this incredible self-defense weapon. A cane has many advantages as a martial arts weapon due to its unassuming nature and it being able to be carried most anywhere.

**Instructor:** David Riedel  
**Location:** PCC  
**Dates:** **Code: 145951-A** F., 1/24-1/31 7:15-8:30 PM (2 classes) Res \$30, Non-Res \$33



## NEW!! Complexion Perfection on Zoom

**Ages:** 18 years  
ONLINE CLASS. Did you know 80% of women wear the wrong shade of foundation? Do you know that uneven skin tone gives away our age? Yes, wrinkles too. Register early for a hands-on experience to learn which one to wear that is right for your skin color, undertone, coverage you want that fits your personality/lifestyle, and which will protect your skin and make you look younger. Make sure all your information is up-to-date in order to ensure you receive the Zoom link.

**Instructor:** Colleen Beckwith  
**Location:** ONLINE CLASS  
**Dates:** **Code: 145946-A** Th., 1/23 1:00-2:00 PM (1 class) Res \$5, Non-Res \$6  
**Code: 145946-B** Th., 1/23 7:00-8:00 PM (1 class) Res \$5, Non-Res \$6



## NEW!! Core Beliefs, Comfort Zones and Communication

**Ages:** 18 years and over  
 Led by a passionate instructor, this workshop is for adults looking to enhance their communication skills, deepen self-awareness, and push beyond their comfort zones. In this interactive session, we will explore self core beliefs and see how they impact our movement through the zones of growth. Through engaging activities and discussions, we'll learn about and exercise various communication styles, aiming to become more open and effective communicators in everyday life!

**Instructor:** Rebecca Schwarz  
**Location:** PCC  
**Dates:** **Code: 145945-A** M. & W., 2/3-2/10 8:00-9:00 PM (3 classes) Res \$80, Non-Res \$88

## DANCE PROGRAMS

### NEW!! Adult Ballet

**Ages:** 18 years and over  
 Adult Ballet classes cater to a wide range of skill levels, from absolute beginners to those with previous dance experience. These classes focus on building a strong foundation in ballet technique, including positions, movements and combinations. As an adult ballet dancer, you'll have the opportunity to work on your flexibility, strength, balance and posture while indulging in the sheer joy of dancing.

**Instructors:** Studio East Dance Company Staff  
**Location:** Studio East Dance Company, 370 Macedon Center Road, Suite 3  
**Dates:** **Code: 146871-A** M., 1/27-3/3 (ex. 2/17) 10:00-11:00 AM (5 classes) Res \$80, Non-Res \$88  
**Code: 146871-B** M., 3/10-4/7 10:00-11:00 AM (5 classes) Res \$80, Non-Res \$88

### Ballroom Dancing

**Ages:** 14 years and over  
**Instructor:** Maureen Hickey, MoDancing LLC  
**Location:** PCC  
**Couples and singles are welcome at my classes and rotating partners is optional.**

### Beginner West Coast Swing 2

Embellishing the basics with more turns and spins for the leader and follower. Moving from 6 count to 8 count patterns will take your West Coast Swing to the next level.

**Dates:** **Code: 146867-A** M., 1/27-3/3 6:30-7:30 PM (6 classes) Res \$54, Non-Res \$59

### Intermediate East Coast Swing

Is it time to add to your Swing repertoire? I have some fun new patterns for you!

**Dates:** **Code: 146867-B** M., 1/27-3/3 7:30-8:30 PM (6 classes) Res \$54, Non-Res \$59

### Beginner Rumba

Rumba is the perfect dance for slow pretty romantic songs. Rumba is also the perfect dance to jump into if partner dancing is new to you.

**Dates:** **Code: 146867-C** M., 3/10-4/7 6:30-7:30 PM (5 classes) Res \$45, Non-Res \$50

### Intermediate Salsa

Let's build on what you already love about Salsa. More steps=more fun=more calories burned! That's a win/win situation all around!

**Dates:** **Code: 146867-D** M., 3/10-4/7 7:30-8:30 PM (5 classes) Res \$45, Non-Res \$50

### Combo Classes

There is a discount for taking both classes. As long as you are out, why not try both classes? It is twice the calories burned and twice the fun! Please note that the 6:30 PM class is beginner level and the 7:30PM class is intermediate level.

**Dates:** **Code: 146867-AB** M., 1/27-3/3 6:30-8:30 PM (6 classes) Res \$97, Non-Res \$107  
**Code: 146867-CD** M., 3/10-4/7 6:30-8:30 PM (5 classes) Res \$81, Non-Res \$90

### Belly Dance

**Ages:** 18 years and over  
 Join us and get in on the fun! Belly Dance will have you moving like you never thought you could. While learning this beautiful dance form, you will strengthen and tone your core and improve your balance, coordination and posture. Experienced and beginner dancers are welcome. No previous dance experience is needed. Bring a friend or make a new one!

**Instructor:** Deborah Robinson  
**Location:** PCC  
**Dates:** **Code: 146100-A** W., 1/22-3/26 (ex. 2/19, 3/19) 7:00-8:00 PM (8 classes) Res \$88, Non-Res \$97

### Folklore Latino

**Ages:** 18 years and over  
 Folklore Latin dance moves in the Carnival, exploring different styles like cumbia, merengue, comparsas and movements with South American and Caribbean influences.

**Instructor:** Evelyn D'Agostino  
**Location:** PCC  
**Dates:** **Code: 116800-C** Sun., 2/2-3/23 (ex. 2/23) (7 classes) No charge

### Line Dance

**Ages:** 16 years and over  
 Who's ready to beat the winter blahs and dance off those holiday treats? If you are, then come join me and learn some of most fun and current line dances to ALL types of music....country, contemporary, oldies, pop and more! No partner required! It's a great way to warm up your chilly Saturday mornings and get some exercise too! Come alone or bring a friend for a fun morning! Three always fun classes to choose from.

**Instructor:** Terri Anderson  
**Location:** PCC  
**Dates:** **Intermediate:** Previous intermediate experience is required - have fun learning more challenging dance steps and dances at this level, along with technique tips to help make your dance steps easier to execute and more fun to do!  
**Code: 146819-A** Sat., 2/1-4/5 9:30-10:30 AM (10 classes) Res \$75, Non-Res \$83  
**Beginner Plus/Improver:** Previous experience and/or sessions of Beginner Plus classes are required - a continuation dancing the basics - plus with confidence, while learning more challenging steps at this next level!  
**Code: 146819-B** Sat., 2/1-4/5 10:30-11:15 AM (10 classes) Res \$75, Non-Res \$83  
**New/Basic Beginner:** No experience needed! A great starter class to learn and stay a while as you master "the basics" from scratch in a fun and encouraging setting!  
**Code: 146819-C** Sat., 2/1-4/5 11:15 AM-12:00 PM (10 classes) Res \$75, Non-Res \$83

## ADULT PROGRAMS



### DOG OBEDIENCE

#### Basic Manners Dog Training

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

**Instructor:** Greg Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 145849-A** Tu., 2/25-3/25 6:00-7:00 PM (5 classes) Res \$180, Non-Res \$190

#### Dog Enrichment: Tricks and Brain Games

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

**Instructor:** Greg Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 145938-A** Th., 3/27-4/10 6:00-7:00 PM (3 classes) Res \$100, Non-Res \$110

#### Reliable Recall Dog Training

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

**Instructor:** Greg Fiete  
**Location:** Lion's Den Teen Center, 53 West Church Street  
**Dates:** **Code: 145939-A** Tu., 1/21-2/4 6:00-7:00 PM (3 classes) Res \$100, Non-Res \$110

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

### Electronic Notary Training Class

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

**Instructor:** Kristin A. Cavallaro  
**Location:** ONLINE CLASS  
**Date:** **Code: 145944-A** Tu., 3/18 5:30-8:45 PM (1 class) Res \$35, Non-Res \$39

## FINANCE

### NEW!! Creating a Family Estate Dossier (FED)

**Ages:** 18 years and over  
Attendees will learn how to create a family estate dossier (FED) that will be important upon the death of a loved one. The FED will be a valuable asset for closing the estate in a timely and efficient manner. The FED will provide peace of mind for the family of those who passed.

**Instructor:** Robert Metz  
**Location:** PCC  
**Date:** **Code: 145947-A** Th., 1/23 1:00-2:30 PM (1 class) No charge

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

**Ages:** 50 years and over  
The IRS is currently a financial partner of yours in your Traditional IRA assets. Come learn how to fully "Disinherit" the IRS so that you can maximize the financial legacy that you leave your chosen beneficiaries by negating the income taxes they will pay when they ultimately inherit those taxable IRA assets. The recently passed SECURE Act has dramatically changed how Traditional IRA beneficiaries are taxed. Bill will discuss those specific changes and what planning strategies now exist post-SECURE Act that will allow your beneficiaries to inherit your IRA 100% income tax-free. The goal is to make sure that the IRS is never a financial beneficiary of your estate. Your retirement assets should go to your loved ones, not the IRS.

Bill will also be comparing traditional long-term care insurance with the popular new Hybrid Life Insurance/Long-Term Care Combination Plans, exploring all ways to avoid Probate, the advantages and disadvantages of using trusts in your estate planning, gifting strategies to benefit both children and grandchildren and much, much more.

**Instructor:** Bill Monte  
**Location:** PCC  
**Date:** **Code: 145911-A** W., 1/22 1:00-2:30 PM (1 class) No charge

### NEW!! Financial Planning for Women

**Ages:** 30 years and over  
Join Alex Neri for an empowering financial planning workshop! You'll leave with knowledge towards setting goals, investing wisely, and building a secure future. Take control of your finances and don't miss out on this opportunity to elevate your financial future!

**Instructor:** Alex Neri  
**Location:** PCC  
**Date:** **Code: 145913-A** W., 1/22 6:00-7:30 PM (1 class) No charge

## **NEW!! Financial Planning: What to Do When You Inherit Money**

**Ages:** 50 years and over  
Inheriting money and unsure where to begin? Join Alex Neri for an informative workshop on managing your inheritance, understanding the tax implications, along with the steps you need to take!

**Instructor:** Alex Neri  
**Location:** PCC  
**Date:** **Code: 145900-A** W., 3/19 6:00-7:30 PM (1 class) No charge

## **Fund Your Future**

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

**Instructor:** Michael Cudlipp  
**Location:** PCC  
**Date:** **Code: 145931-A** Sat., 4/5 10:00 AM-12:00 PM (1 class) No charge

## **Life After Work: Retirement Distribution Planning**

**Ages:** 50 years and over  
Please join this popular class provided for nearly a decade at the Perinton Community Center by Tomas Aponte, RICP. 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 to see how much money you can afford to spend each year in retirement and learn how to be more efficient from a tax and investment perspective.

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Date:** **Code: 145902-B** Tu., 3/11 5:00-6:30 PM (1 class) No charge

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

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

**Instructors:** Bill Gilbert & Susan Alldredge  
**Location:** PCC  
**Dates:** **Code: 145928-A** Tu., 2/11 6:00-7:30 PM (1 class) No charge  
**Code: 145928-B** Tu., 3/4 6:00-7:30 PM (1 class) No charge  
**Code: 145928-C** Tu., 4/8 6:00-7:30 PM (1 class) No charge

## **NEW!! Retirement Planning**

**Ages:** 50 years and over  
Join Alex Neri for an Introduction to Retirement Planning and unlock the keys to a secure future! Learn essential strategies, financial insights and tips to ensure your retirement!

**Instructor:** Alex Neri  
**Location:** PCC  
**Date:** **Code: 145914-A** W., 3/5 6:00-7:30 PM (1 class) No charge



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

**Ages:** 50 years and over  
Please join this popular class provided for nearly a decade at the Perinton Community Center by Tomas Aponte, RICP. What baby boomers need to know to help maximize retirement income! Learn answers to your questions: Will Social Security be there for me? How much can I expect to receive? When should I apply? How can I maximize my benefits? Will Social Security be enough to live on in retirement?

**Instructor:** Tomas Aponte  
**Location:** PCC  
**Date:** **Code: 145902-C** Tu., 4/8 5:00-6:30 PM (1 class) No charge

## **Tax Planning For Retirement**

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

**Instructor:** Alex Neri  
**Location:** PCC  
**Dates:** **Code: 145907-A** W., 2/12 6:00-7:30 PM (1 class) No charge  
**Code: 145907-B** W., 4/2 6:00-7:30 PM (1 class) No charge

## **Tax Planning for Retirement: How Taxes Change Through Retirement**

**Ages:** 50 years and over  
Please join this popular class provided for nearly a decade at the Perinton Community Center by Tomas Aponte, RICP. When people prepare for their retirement, proper tax planning is often overlooked and can lead to some very expensive mistakes. 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. Join Tomas as he discusses common pitfalls that you should be on the lookout for.

**Instructor:** Tomas Aponte, RICP  
**Location:** PCC  
**Date:** **Code: 145902-A** Tu., 2/11 5:00-6:30 PM (1 class) No charge

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

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

**Instructor:** Robert Opett  
**Location:** PCC  
**Date:** **Code: 148103-A** Tu., 3/4 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. (FBSO)

**Instructor:** Robert Opett  
**Location:** PCC  
**Date:** **Code: 148103-B** Tu., 3/11 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 techniques. The discipline of training is intended to cultivate a practitioner's spirit as well as physical and mental concentration. It's a journey of self-discovery.

**Instructors:** J. Jordan & D. Stolka  
**Location:** PCC  
**Dates:** **Code: 145821-A** Th., 1/23-4/10 7:00-8:00 PM (12 classes)  
Res \$120, Non-Res \$130

### Introduction to Book Publishing

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

**Instructor:** Tricia DellAnno  
**Location:** PCC  
**Date:** **Code: 146810-A** Tu., 4/1 10:00-11:00 AM (1 class) Res \$20, Non-Res \$22

### Intro to Snowshoeing

**Ages:** 12 years and over  
The class is an introduction to snowshoeing, including an overview of cold weather clothing, equipment and techniques. All students will have an opportunity to conduct a short guided hike in snowshoes near PCC. Students can bring their own snowshoes or use a pair provided by the instructor. Students are responsible for clothing and boots.

**Instructor:** Ed Erbland  
**Location:** PCC  
**Date:** **Code: 145254-A** F., 2/14 9:00 AM-12:00 PM (1 class) Res \$20, Non-Res \$22

### NEW!! Intro to Winter Camping

**Ages:** 16 years and over  
This class is an introduction to winter camping, including an overview of clothing, equipment and techniques. The class will have an opportunity to construct a winter campsite after a short hike into the woods. Students will need to provide their own cold weather clothing and boots. Snowshoes will be provided, if needed. All other equipment will be provided.

**Instructor:** Ed Erbland  
**Location:** PCC  
**Date:** **Code: 145261-A** Sat., 2/8 10:00 AM-4:00 PM (1 class) Res \$25, Non-Res \$28

### iPhone Camera & Photos Apps – All The Secrets Revealed

**Ages:** 16 years and over  
Improve your iPhone photography! There is a lot more to the camera and photos apps than you think. In two consecutive evenings, we will explore all of the menus and settings to improve your photography, image organization, and sharing skills. Everything we cover will be in a booklet to take with you for later reference. Update iOS to latest version before class (iPhone XR and newer models ONLY).

**Instructor:** Thom Bell  
**Location:** PCC  
**Dates:** **Code: 145917-A** W. & Th., 1/29-1/30 6:00-8:30 PM (2 classes)  
Res \$25, Non-Res \$28

### Isshin-Ryu Karate Beginner Through Orange Belt

See Youth & Teen page 32

### Isshin-Ryu Karate Green Through Purple Belt

See Youth & Teen page 32

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

See Youth & Teen page 32

### Isshin-Ryu Karate Black Belts

See Youth & Teen page 32

### NEW!! It's All About Eyes on Zoom

**Ages:** 18 years and over  
ONLINE CLASS. Do you ever wonder what makeup colors will bring out your eyes? Or how should you apply your eye makeup for your eye shape? How about applying your eye makeup to make you look younger? Register early for a hands-on experience so that samples can be mailed to you. Make sure all your information is up-to-date in order to ensure you receive the Zoom link.

**Instructor:** Colleen Beckwith  
**Location:** ONLINE CLASS  
**Dates:** **Code: 145925-A** Tu., 1/28 1:00-2:00 PM (1 class) Res \$5, Non-Res \$6  
**Code: 145925-B** Tu., 1/28 7:00-8:00 PM (1 class) Res \$5, Non-Res \$6

### JKD – Kung Fu

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

**Instructor:** Jerry Ciriello  
**Location:** PCC  
**Dates:** **Code: 145921-A** Tu., 1/21-4/8 (ex. 2/4) 7:00-8:00 PM (11 classes)  
Res \$132, Non-Res \$142

### Kali – Stick Fighting

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

**Instructor:** David Riedel  
**Location:** PCC  
**Dates:** **Code: 145805-A** M., 1/27-4/7 6:00-7:00 PM (11 classes) Res \$121, Non-Res \$131

### NEW!! Learning What Our Kids and Grandkids Learn

**Ages:** 10 years and over  
Each year, Perinton Town Historian Bill Poray meets with the entire fourth grade population of Fairport Schools, and often, other students from nearby school districts as well. Local history is a prominent component of the fourth-grade curriculum in New York State. During both field trips and school assemblies, Bill has shared local history with thousands of students since becoming a municipal historian in 2013. At this event, he will share some of the stories of our local history that he has utilized over the last twelve years with the students.

**Instructor:** Bill Poray  
**Location:** PCC  
**Dates:** **Code: 148500-A** W., 3/12 6:00-7:15 PM (1 class) No charge

## ADULT PROGRAMS

### Learn to Skate

**Ages:** 13 years and over  
This program offers teens and adults 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 technique on the ice. An additional \$20 fee must be paid to the instructor on the 1st class that goes to US Figure Skating for insurance coverage. Skate rental is also available for the additional cost of \$24 for the 6-week session.

**Instructor:** Pamela Warren  
**Location:** Village Sports, 2380 Baird Road  
**Dates:** **Code: 435824-CCC** Sun., 1/5-2/9 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160\*  
**Code: 135824-C** Sun., 2/16-3/23 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160  
**Code: 135824-CC** Sun., 3/30-5/11 1:00-1:50 PM (6 classes) Res \$150, Non-Res \$160  
**\*January session was in Fall brochure so registration is already open for that section.**

### NEW!! Lips & Tips on Zoom

**Ages:** 18 years and over  
ONLINE CLASS. Would you like to know which lipstick colors will make you look younger? Which ones are complimentary for your hair and skin tone? Would you like to learn how to make your lipstick last longer throughout the day? Join us. Register early for a hands-on approach so that samples can be mailed to you. Make sure all your information is up-to-date in order to ensure you receive the Zoom link.

**Instructor:** Colleen Beckwith  
**Location:** ONLINE CLASS  
**Dates:** **Code: 145924-A** Th., 1/30 1:00-2:00 PM (1 class) Res \$5, Non-Res \$6  
**Code: 145924-B** Th., 1/30 7:00-8:00 PM (1 class) Res \$5, Non-Res \$6

### NEW!! Mindfulness for the New Year

**Ages:** 50 years and over  
This mindfulness class focuses on cultivating presence, self-compassion, and setting mindful intentions for the new year. It invites participants to let go of what no longer serves them and to approach the future with openness and clarity. Through a series of guided meditations, breathwork, and mindful reflection exercises, participants will foster a sense of grounding and calm.

**Instructor:** Laura Gavigan  
**Location:** PCC  
**Dates:** **Code: 135887-A** Tu. & Th., 1/28-2/6 10:00-11:00 AM (4 classes) Res \$75, Non-Res \$83

### Pickleball 100 – New to Pickleball

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

**Instructors:** Scott Tuttle & Pat Danaher  
**Location:** PCC  
**Dates:** **Code: 145302-A** Sat., 1/25-2/15 2:30-4:00 PM (4 classes) Res \$60, Non-Res \$66  
**Code: 145302-B** Sat., 2/22-3/15 2:30-4:00 PM (4 classes) Res \$60, Non-Res \$66  
**Code: 145302-C** Sat., 3/22-4/12 2:30-4:00 PM (4 classes) Res \$60, Non-Res \$66

### Slave Experience & Underground Railroad

**Ages:** 13 years and over  
Follow the slaver's ship across the Atlantic's Middle Passage; witness sale on the auction block in the South; view life on the plantation; escape; life on the run; meet the many heroes on the Underground Railroad's routes to freedom.

**Instructor:** Jerry Bennett  
**Location:** PCC  
**Date:** **Code: 145260-A** W., 2/12 6:30-8:30 PM (1 class) Res \$5, Non-Res \$6

### Small Group Training

**Ages:** 55 years and over  
Personal training but with a few other people! Exercises tailored specifically towards your needs and goals by a trainer specializing in ages 55+. Personalized attention, modifications, progressions and safety for improving core, upper body and lower body strength, balance and mobility. All fitness levels welcome. Chairs available for seated and/or standing support.

**Instructor:** Alyssa Ziolk  
**Location:** PCC  
**Dates:** **Code: 142801-A** Tu., 1/21-2/11 1:00-1:50 PM (4 classes) Res \$120, Non-Res \$130  
**Code: 142801-B** Tu., 2/25-3/25 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160  
**Code: 142801-C** Th., 1/23-2/13 1:00-1:50 PM (4 classes) Res \$120, Non-Res \$130  
**Code: 142801-D** Th., 2/27-3/27 1:00-1:50 PM (5 classes) Res \$150, Non-Res \$160

### Snowshoe Day Hike

**Ages:** 12 years and over  
This course is a guided snowshoe day hike through Perinton's Crescent Trail System. Students will meet at a CTS trailhead and be ferried to another trailhead to begin the hike. Students may participate in the hike only, or join us for the Intro to Snowshoeing class that starts at 9:00 AM at PCC (separate registration required). Students are responsible for cold weather clothing and boots. Students may bring their own snowshoes and poles, or rent them from REI.

**Instructor:** Ed Erbland  
**Location:** Crescent Trail System, between McCoords Woods Trailhead and The Woodcliffe  
**Date:** **Code: 145826-A** F., 2/14 1:00-4:00 PM (1 class) Res \$20, Non-Res \$22

## TAEKWONDO

### Family Taekwondo

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

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 145847-A** Th. & Sat., 1/23-4/10 (ex. 2/15, 2/20, 2/22) Th., 6:30-7:30 PM & Sat., 9:15-10:00 AM (20 classes) Res \$140, Non-Res \$150

### Advanced Taekwondo – Blue Belt Up

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

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 145847-D** Th. & Sat., 1/23-4/10 (ex. 2/15, 2/20, 2/22) Th., 6:30-7:30 PM & Sat., 10:00-10:45 AM (20 classes) Res \$140, Non-Res \$150

### Women's Self-Defense Taekwondo

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

**Instructors:** Rochester Taekwondo Club  
**Location:** PCC  
**Dates:** **Code: 145847-H** Sat., 1/25-4/5 (ex. 2/15, 2/22) 11:00-11:45 AM (9 classes) Res \$90, Non-Res \$99

## ADULT PROGRAMS

### 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: 145855-A** Sat., 1/25-4/13 9:00-10:30 AM (12 classes)  
Res \$96, Non-Res \$106

### The Art and Effectiveness of Journaling

**Ages:** 16 years and over  
Learn techniques for focused journaling without the pressure to share your writing. The exercises will help you overcome the blocks to success and healing, as well as help you uncover goals and inner wisdom. The instructor has used journaling for years in her college classes and personally with great results. Each class will focus on a different topic and offer journaling exercises you can use for the rest of your life.

**Instructor:** Therese Kravetz  
**Location:** PCC  
**Dates:** **Code: 146811-A** F., 2/7-3/21 (ex. 2/21) 12:00-1:00 PM (6 classes)  
Res \$88, Non-Res \$97

### Total Body Barre

**Ages:** 18 years and over  
Barre is a low-impact exercise program inspired by ballet. It works your postural and stability muscles, which improves posture and helps prevent injury.

**Instructor:** Emily Stickles  
**Location:** PCC  
**Dates:** **Code: 141823-B** Tu., 1/21-4/8 (ex. 2/18) 6:00-6:45 PM (11 classes)  
Res \$110, Non-Res \$120  
**Code: 141823-C** Tu., 1/21-4/8 (ex. 2/18) 5:00-5:45 PM (11 classes)  
Res \$110, Non-Res \$120

### Travelers Spanish: Short Course

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

**Instructor:** Zoom Into Spanish - Lourdes de la Colina-Scolfield  
**Location:** PCC  
**Dates:** **Part 1**  
**Code: 132880-A** Tu., 1/28-3/4 (ex. 2/18) 11:15 AM-12:10 PM (5 classes) Res \$135, Non-Res \$145  
**Code: 132880-C** Tu., 3/11-4/8 11:15 AM-12:10 PM (5 classes)  
Res \$135, Non-Res \$145  
**Part 2**  
**Code: 132880-B** Tu., 1/28-3/4 (ex. 2/18) 12:15-1:10 PM (5 classes)  
Res \$135, Non-Res \$145  
**Code: 132808-D** Tu., 3/11-4/8 12:15-1:10 PM (5 classes)  
Res \$135, Non-Res \$145

### Understanding Electric Vehicles

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

**Instructor:** John Bednarczyk  
**Location:** PCC  
**Date:** **Code: 175842-A** Sat., 3/1 2:00-3:00 PM (1 class) Res \$7, Non-Res \$8

### Western Riding for All Ages

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

**Instructors:** JDL Trainers  
**Location:** JDL Equine, 1942 Turk Hill Road  
**Dates:** **Code: 145753-A** W., 1/22-2/12 7:00-8:00 PM (4 classes)  
Res \$180, Non-Res \$190  
**Code: 145753-B** W., 2/26-3/12 7:00-8:00 PM (3 classes)  
Res \$135, Non-Res \$145  
**Code: 145753-C** W., 3/19-4/9 7:00-8:00 PM (4 classes) Res \$180, Non-Res \$190

### NEW!! Wrinkle Rewind on Zoom

**Ages:** 18 years and over  
ONLINE CLASS. Would you like to look 10 years younger? Register early for a hands-on approach so that samples can be mailed to you. Make sure all your information is up-to-date in order to ensure you receive the Zoom link.

**Instructor:** Colleen Beckwith  
**Location:** ONLINE CLASS  
**Dates:** **Code: 145926-A** Tu., 1/21 1:00-2:00 PM (1 class) Res \$5, Non-Res \$6  
**Code: 145926-B** Tu., 1/21 7:00-8:00 PM (1 class) Res \$5, Non-Res \$6

### Learn Spanish: Enhance Your Brain

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

**Instructor:** Zoom Into Spanish - Lourdes de la Colina-Scolfield  
**Location:** PCC  
**Dates:** **Basics I**  
**Code: 132878-A** Th., 1/23-2/27 (ex. 2/20) 10:00-10:55 AM (5 classes) Res \$135, Non-Res \$145  
**Code: 132878-D** Th., 3/13-4/10 10:00-10:55 AM (5 classes)  
Res \$135, Non-Res \$145  
**Basics II**  
**Code: 132878-B** Th., 1/23-2/27 (ex. 2/20) 11:00-11:55 AM (5 classes) Res \$135, Non-Res \$145  
**Code: 132878-E** Th., 3/13-4/10 11:00-11:55 AM (5 classes)  
Res \$135, Non-Res \$145  
**Basics III**  
**Code: 132878-C** Th., 1/23-2/27 (ex. 2/20) 12:00-12:55 PM (5 classes) Res \$135, Non-Res \$145  
**Code: 132878-F** Th., 3/13-4/10 12:00-12:55 PM (5 classes)  
Res \$135, Non-Res \$145



## ADULT ARTS & CRAFTS AND COOKING

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

### ***Beginner Wood Turning***

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

**Instructors:** Michael J. Sullivan & Finger Lakes Wood Turning Association  
**Location:** Finger Lakes Wood Turning, St. Michael's Woodshop, 691 St. Paul Street, Rochester

**Date:** **Code: 145879-A** Sat., 3/22 9:00 AM-1:00 PM (1 class) Res \$45, Non-Res \$50

### ***Beginning Drawing***

**Ages:** 18 years and over  
A beginning class for those who have never drawn before, but have always wanted to unlock the Artist within. You will learn the building blocks of Drawing - from basic shapes to complex imagery.

**Instructor:** Brian Petty  
**Location:** PCC

**Dates:** **Code: 142873-A** M., 2/3-3/3 (ex. 2/17) 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83  
**Code: 142873-B** M., 3/17-4/7 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83

### ***Beginning Watercolor***

**Ages:** 18 years and over  
Always wanted to paint, but weren't sure how 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.

**Instructor:** Brian Petty  
**Location:** PCC

**Dates:** **Code: 144800-A** Tu., 1/21-2/11 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83  
**Code: 144800-B** Tu., 3/4-3/25 6:00-8:00 PM (4 classes) Res \$75, Non-Res \$83



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



### ***NEW!! Crochet Granny Squares: Tank Top or Tote***

**Ages:** 12 years and over  
Come learn how to make a traditional granny square and then assemble them into either a cute tank or an awesome tote. Your choice! Please bring at least 2 colors of medium weight yarn and a US I crochet hook. Skills needed: single crochet. Skills learned: double crochet, reading crochet directions, sewing together squares.

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

**Dates:** **Code: 122804-M** M., 3/10-3/31 6:00-7:00 PM (4 classes) Res \$36, Non-Res \$40

### ***NEW!! DIY Clay Garden Markers***

**Ages:** 18 years and over  
Create unique, personalize markers for your garden using air-dry clay and fun designs. All materials are provided, making it a perfect outing for garden enthusiasts of all skill levels!

**Instructor:** Kerry Mottler  
**Location:** PCC

**Date:** **Code: 145950-E** Th., 4/10 6:00-8:00 PM (1 class) Res \$35, Non-Res \$39

### ***NEW!! DIY Felt Flower Welcome Sign***

**Ages:** 18 years and over  
Unleash your creativity as you learn to craft beautiful, vibrant felt flowers to adorn a wooden welcome sign. Perfect for all skill levels, this hands-on experience is a great way to create something special! All materials are provided.

**Instructor:** Kerry Mottler  
**Location:** PCC

**Dates:** **Code: 145950-A** Th., 1/30 6:00-8:00 PM (1 class) Res \$40, Non-Res \$44  
**Code: 145950-B** Tu., 2/11 6:00-8:00 PM (1 class) Res \$40, Non-Res \$44  
**Code: 145950-C** Sat., 3/1 4:00-6:00 PM (1 class) Res \$40, Non-Res \$44

## ADULT ARTS & CRAFTS AND COOKING



### **Drop In Art**

**Ages:** 18 years and over  
 Friendly group for inspiration while using watercolor, water based oils, acrylics, pastels, inks and collage. There is NO FORMAL instruction; members share experience with each other. Please bring your own materials.

**Instructors:** Ann Hallick & John Tolley  
**Location:** PCC  
**Dates:** **Code: 142830-A** W., 1/22-4/9 1:00-3:00 PM (12 classes) Res \$22, Non-Res \$24

### **Drop In Art II**

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

**Instructors:** Bill Ebersbach & Ginny Dormer  
**Location:** PCC  
**Dates:** **Code: 142830-AA** Th., 1/23-4/10 9:30-11:30 AM (12 classes) Res \$22, Non-Res \$24

### **Introduction to Italic Calligraphy**

**Ages:** 18 years and over  
 Come learn the Italic style of Calligraphy as we make a Valentine card and matching envelope. We will also do several small cards and gift tags. Ideal for adding a personal touch to letters and envelopes. All levels welcome. The fee covers a marker for the first 2 classes. Students provide their own calligraphy pen after the first 2 classes.

**Instructor:** Toi Clawson  
**Location:** PCC  
**Dates:** **Code: 142833-A** M., 2/3-3/3 1:00-3:00 PM (5 classes) Res \$93, Non-Res \$102

### **Knitting at Noon: Fingerless Gloves**

**Ages:** 12 years and over  
 Are you looking for a great first knitting project? This is the project for you! This project is knit flat and features a simple repeated stitch pattern of knits and purls. Please bring size 8 knitting needles and a medium weight yarn to class. Skill required: The knit stitch.

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 122804-L** Tu., 3/11-3/25 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30



### **Learn to Crochet**

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

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Dates:** **Code: 122804-A** M., 1/27-2/10 6:00-7:00 PM (3 classes) Res \$27, Non-Res \$30

### **Needles at Noon: Learn to Knit**

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

**Instructor:** Sharilyn Ross  
**Location:** PCC  
**Date:** **Code: 122804-C** Tu., 1/28-2/11 12:00-1:00 PM (3 classes) Res \$27, Non-Res \$30

### **NEW!! Paint and Plant**

**Ages:** 18 years and over  
 Come paint pots with vibrant colors and unique designs for you to plant your favorite herbs in! This is the perfect opportunity to relax, express yourself, and take home a personalized plant masterpiece! All materials provided, including seeds to plant!

**Instructor:** Kerry Mottler  
**Location:** PCC  
**Date:** **Code: 145950-D** Sat., 4/5 4:00-6:00 PM (1 class) Res \$30, Non-Res \$33

### **NEW!! Paper Crafts – Cards, Books & Boxes**

**Ages:** 18 years and over  
 If you like making your own cards, join us to make 3-D pop up cards. We'll make 3 kinds of small boxes, plus we'll also make 3 small book structures. Whether making a gift, or making your very own journal to write in, Paper Crafting can unlock a whole new world to explore.

**Instructor:** Toi Clawson  
**Location:** PCC  
**Dates:** **Code: 142905-A** Th., 2/6-3/6 9:30-11:30 AM (5 classes) Res \$93, Non-Res \$102

# PERINTON



## Office Hours

**Monday through Friday**

7:30 am – 3:30 pm

Phone: (585) 223-1617

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

**Anke Applebaum** – 55+ Program Supervisor

**Maggie Monsen** – Office Clerk

### Retired Men's Club Monthly Meeting

First Tuesday of the Month  
10:00 AM

### Retired Women's Club Monthly Meeting

Third Tuesday of the month  
2:00 PM

### Retired Couples Club Monthly Meeting

First Friday of the month  
5:00 PM

## CURBSIDE TO-GO

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

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

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



## PERINTON AMBULANCE

Blood Pressure Checks

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



Offering the Highest Quality of Aquatic & Land Therapy Exercises

Don't wait to start feeling better!

Direct Access / No Prescription Or Referral Necessary

Call 364-0136 to schedule and appointment or stop in Room #211

### HOURS:

Mon – Thurs: 7am–7pm / Fri: 8am–2pm

Closed Saturday & Sunday

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

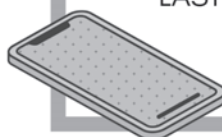
## TECH CLASSES

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

**LAST WEDNESDAY EVERY MONTH!**

1:00 – 2:30 PM

Registration Required





# PERINTON



## SUBURBAN DRIVING

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

Call 223-1617 to register or on WEBTRAC: 882599

**DETAILS:**

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

PRE-REGISTRATION REQUIRED.

Cost: \$32.00

Room 208B

Check out the lunch menus the week before your class and order a lunch for the day of your class!

**UPCOMING DATES**

- December 10th (2024)
- February 11th
- April 8th
- June 10th
- August 12th
- October 14th
- December 9th

## COMMUNITY GAME ROOM SCHEDULE

MONDAYS

- Bingo @ 1:00 PM
- Mah Jongg @ 1:00 PM



TUESDAYS

- Mah Jongg @ 9:30 AM
- Euchre @ 12:30 PM
- Pinochle @ 3:00 PM



WEDNESDAYS

- Bridge @ 12:45 PM
- Bunco @ 1:00 PM
- (every 1st Wednesday of the month)



THURSDAYS

- Mah Jongg @ 9:30 AM + 12:30 PM
- Hand & Foot @ 12:30 PM
- Pinochle @ 2:00 PM



FRIDAYS

- Pokeno @ 1:00 PM
- Board Games @ 1:00 PM



## 55+ E-NEWSLETTER



The best way to stay informed about all scheduled programming is to subscribe to the 55+ E-NEWSLETTER. Every Wednesday evening, you'll receive the following week's Curbside Lunch menus along with information about all other scheduled events. Call 223-1617 or register in the Town's website under 55+ > NEWSLETTERS

## SENIOR CHORUS



Do you like to sing?  
Make new friends, share your talent, join the Perinton Senior Chorus!  
The choir meets at 2:00 PM on Tuesdays at the PCC (Room 204 A/B) and performs seasonally for senior living communities, nursing homes, and various senior groups.  
Visit the 55+ Community Room or call 223-1617 for more information.

# 55+ FITNESS SCHEDULE

(Example of available classes)

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - Kristi <b>Tai-Yo</b> Room 204 A/B	8:30 - Karen <b>Classic</b> Room 204 A/B	8:00 - Lin <b>Circuit</b> Room 204 A/B	8:30 - Denise <b>Classic</b> Room 204 A/B	8:00 - Karen <b>Bone Builder Class</b> Aerobics Room
9:00 - Andie <b>Yoga</b> Room 204 A/B	8:30 am - Bonnie <b>Yoga</b> Aerobics Room	8:00 - Joween <b>Step Interval</b> Aerobics Room	8:30 - Karen <b>Experience</b> Aerobics Room	8:00 - Joween <b>Yoga</b> Room 204 A/B
9:00 - Kristi (or sub) <b>Zumba Gold Light</b> Aerobics Room	8:35 - Marsha Young <b>Aqua Fit</b> Lap Pool	9:00 - Lin <b>Yoga</b> Room 204 A/B	9:30 - Denise <b>Experience</b> Room 204 A/B	9:00 - Joween <b>CardioFit</b> Room 204 A/B
9:00 - Marjory <b>Total Body Aqua Size</b> (Water in Motion) Lap Pool	9:30 - Karen <b>Circuit</b> Room 204 A/B	9:00 - Joween <b>CardioFit</b> Aerobics Room	9:30 - Bonnie <b>Zumba Gold</b> Aerobics Room	9:00 - Karen <b>Circuit</b> Aerobics Room
10:00 - Kristi <b>Classic</b> Room 204 A/B	9:30 - Bonnie <b>Zumba Gold</b> Aerobics Room	10:00am - Jc <b>Yoga</b> Aerobics Room	9:30 - Marsha Young <b>Aqua Endurance</b> Current Channel	9:00 - Marjory <b>Total Body Aqua Size</b> (Water in Motion) Lap Pool
10:00 - Andie <b>Classic</b> Room 208B	9:30 - Marsha Young <b>AQUA ENDURANCE</b> Current Channel	10:00 - Kristi <b>Classic</b> Room 204 A/B	10:30 - Karen <b>Bone Builder Class</b> Aerobics Room	10:00 - Joween <b>Classic</b> Room 204 A/B
10:00 - Denise <b>Circuit</b> Aerobics Room	10:30 - Lin <b>Classic</b> Room 204 A/B	10:00 - Marjory <b>Let's Get Moving</b> Lap Pool	10:30 - Lin <b>Classic</b> Room 204 A/B	10:00 - Marjory <b>Let's Get Moving</b> Lap Pool
10:00 - Marjory <b>CIRCLE AQUA VOLLEY</b> <b>BEACH BALL</b> Lap Pool	10:30 - Kristi <b>CardioFit</b> Aerobics Room	11:00 - Kristi <b>Zumba Gold</b> Room 204 A/B	10:30 - Marsha Young <b>Aqua Circuit</b> Current Channel	
11:00 - Kristi <b>Zumba Gold</b> Room 204 A/B	10:30 - Marsha Young <b>Aqua Circuit</b> Current Channel	12:00 pm - Kristi Silent Movement & Meditation Room 208B	11:30 - Denise <b>Booty Barre</b> Aerobics Room	
11:00 - Denise <b>Booty Barre</b> Aerobics Room	11:30 - Lin <b>Yoga</b> Room 204 A/B		11:30 - Andie/Lin <b>Yoga</b> Room 204 A/B	
12:00 - Denise <b>Cardio Kickboxing</b> Aerobics Room	11:30 - Kristi <b>Seasoned Beginner</b> <b>Line Dance</b> Aerobics Room			



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

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

SilverSneakers®  
FITNESS

FIT ON  
HEALTH

RenewActive®  
by UnitedHealthcare

Download the ACUITY CLIENT SCHEDULING app from the app store then scan the barcode to choose our facility (Perinton Community Center).



## 55+ FITNESS CLASS DESCRIPTIONS

### SilverSneakers Classic

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

### SilverSneakers Circuit

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

### SilverSneakers CardioFit

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

### SilverSneakers Yoga

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

### Bone Builder

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

### Tai-Yo

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

### Bodies in Motion - Water Aerobics

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

### Zumba Gold

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Choreography focuses on balance, range of motion, and coordination. Class focuses on cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat, and prepare to leave empowered and feeling strong. Class time: 45 minutes

### Cardio Kickboxing

A cardio fit workout class that integrates cardio kickboxing moves with cardio fitness moves. Learn the basic punch anatomy - the jab, cross, hook, uppercut and front and back kicks. **Traditional kickboxing moves have been modified for the active senior lifestyle - heart healthy and gentle on the joints.** Great for strength, agility and endurance. The warm up and cool down will utilize Silver Sneakers Ener-Chi moves. Class time: 45 minutes

### Silver & Fit Experience

For moderately active older adults who exercise in some way, one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance. Class time: 45 minutes.

### Step Interval Class \* New

A circuit style class incorporating basic patterns stepping up & down on a platform alternated with strengthening work using weights & tubing. This fun filled class will help to increase your cardio strength & endurance while burning calories, increasing lean body mass, strengthening your heart & lungs and helping to improve/maintain bone density. This class will accommodate various fitness levels. Participants must have appropriate balance skills. It is a low impact class with the option of using occasional power moves. You choose the height of your step. 45 minutes

### Water in Motion

Groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill, and fitness. With land equivalent intensity, enjoy the pure fun of this 55minute water extravaganza. Class time: 55 minutes

### Silent Movement & Meditation

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

### Aqua Fit

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

### Let's Get Moving

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

### Booty Barre

Come get body changing results in a low to no impact workout for all fitness levels! Barre incorporates flexibility and strengthening moves in all three planes of motion. Barre signature sequencing is great for body alignment, core stability and joint mobility. Glider discs and body bars will also be used. Strengthening floor work completes our workout (alternative moves to floor work will be offered). Class time: 45 minutes

Members of SilverSneakers, FitOn Health, and Renew Active qualify for ALL of the classes (FREE). 55+ non-members of SilverSneakers/FitOn/Renew Active pay a \$5.00 Drop-In Fee or you may purchase a 10-class pass for \$42.00 or an unlimited monthly class pass for \$47.00. Schedule is subject to change. Call 223-1617 with questions. **You must reserve your space in class on the Acuity website.** Visit [www.perinton.org](http://www.perinton.org) and click on "PCC Schedules." These classes are found under "55+ Fitness Classes."

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





# PERINTON 55+ FITNESS



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

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

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

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

## WHAT DO I DO? WHERE DO I GO?

If you are registering for the first time OR you have changed insurance companies for 2024/2025, OR are renewing your fitness benefits, please bring your insurance card and your fitness ID# (if you have received it from your health insurance carrier) to the Community Center. If visiting between the hours of 7:30 AM and 3:30 PM, please stop by the 55+ Office. If visiting after office hours or on the weekend, any clerk at the front desk, or downstairs desk, should be able to register you or renew you. If renewing your membership and your insurance company has not changed in 2023, you can call our office (223-1617) or the main desk (223-5050), or stop by our office and we can renew you.

## I'M REGISTERED! NOW WHAT?

Make fitness part of your daily and weekly routine. The Community Center is open from 6:00 AM to 9:00 PM, Monday through Friday. On Saturday, 7:00 AM to 7:00 PM, and on Sunday, 9:00 AM to 6:00 PM. Our 55+ fitness schedule has over 30+ classes Monday through Friday. Opportunities to swim laps and water walk are offered daily, as well as participation in daytime aquatic exercise classes. Reservations are available 7 days in advance.

## FITNESS PASSES

### NON-MEMBERS OF INSURANCE FITNESS BENEFITS (SILVER SNEAKERS, FIT ON, ETC.) OR YOUNGER THAN 65 YEARS OF AGE:

You can still attend exercise classes by paying a \$5.00 drop-in fee or you may purchase a 55+ 10-class pass for \$42.00, OR a 55+ Unlimited Monthly pass for \$47.00.

## PARK RESERVATIONS





## Gift Certificates

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

## Volunteering

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

## Part-Time Positions

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

## ASSET BUILDING IN OUR COMMUNITY

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



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

## MISSION STATEMENT

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

## Americans with Disabilities Act Compliance

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

## Fairport Central School District

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

## INSURANCE INFORMATION

### SilverSneakers

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

### FitOn Health

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

### Renew Active

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

## TOWN OF PERINTON

### Perinton Town Board

Ciaran T. Hanna, Supervisor

David P. Belaskas

Michael Folino

Meredith Stockman-Broadbent

Janelle Reed, Town Clerk

### Recreation and Parks Advisory Board

Al Chesonis, Chairperson

Amy Bender

Michael Coppola

Emily Chisholm-Gallagher

Paul M. Fioravanti

Jayne LaFay

James Unckless

### Perinton Recreation and Parks Department

1350 Turk Hill Road, Fairport, New York 14450

Office Phone: 223-5050 • Office Fax: 223-4045

24 Hour Program Information & Cancellation Line: 425-1170

Office Open Monday – Friday, 9:00 AM-5:00 PM

### Staff serving your recreation needs:

Jeff Nutting, CPRP – Commissioner of Recreation and Parks

Nick Berlin, CPRP – Recreation Director

Kelly Attridge – Assistant Recreation Director

Michael Clark – Senior Recreation Supervisor

Sydney Mooney – Recreation Supervisor

Joe Kincaid – Recreation Supervisor

Laura Silins – Pool Supervisor

Paul Kelly – Lifeguard Lieutenant

Sean Anne – Lifeguard Lieutenant

Anke Applebaum – 55+ Program Supervisor

Michelle Reus – Office Clerk

Maggie Monsen – Office Clerk

Rebecca Drumm – Office Clerk

Amy Kelley – Office Clerk

Scott Allen – Maintenance Mechanic

Mike Sozio – PCC Custodian

Jon Pitre – Building Attendant

Chris Dudley – Director of Parks

Dillon Dayton – Parks Foreman

Dan Frederes – Shop Mechanic

Rob Cooper – Ground Equipment Operator

Michael Lioudis, CPSI – Ground Equipment Operator

Matt Loveless – Ground Equipment Operator

Noah Brown – Laborer

Ryan Fox – Laborer

Brian Pallo – Laborer

Tanner Doyle – Laborer



## REGISTRATION INFORMATION

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

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

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

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

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

### REFUND POLICY

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

### PROGRAM INCLUSION

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



### FINANCIAL SCHOLARSHIPS

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



## REGISTRATION

**Residents – Registration begins Th., January 2, 2025 at 10:00 AM**

**Non-Residents – Registration begins Th., January 9, 2025 at 10:00 AM**

### REGISTRATION PROCEDURES

1. Complete the registration form.
2. Enclose the registration form and payment in an envelope.
  - List clearly alternate choice if first choice is not available.
  - If you are enrolled in your 2nd choice, you will not be put on the waitlist of your 1st choice.
  - If paying by check, separate checks requested for each program.
  - Make checks payable to: Perinton Recreation and Parks Department
  - A \$20 fee will be charged for all returned checks.
  - Acceptable forms of payment:

Credit Card    , 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 1/2 (Residents) and at 10:00 AM on 1/9 (Non-residents).

### HOW REGISTRATIONS ARE PROCESSED

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

### PLEASE NOTE:

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

### PLEASE READ THE REFUND POLICY:

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

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

## HOUSEHOLD INFORMATION

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

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

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

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

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

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

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

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

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

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

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

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

(Checks Payable to Perinton Recreation & Parks Department)

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

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

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

\*Separate checks required for each program





**Perinton Recreation and  
Parks Department**

1350 Turk Hill Road  
Fairport, NY 14450

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

**PERINTON TOWN OFFICIALS**

*Town Clerk Janelle Reed, Councilperson David Belaskas,  
Town Supervisor Ciaran Hanna, Councilperson Meredith Stockman-Broadbent,  
Councilperson Michael Folino*

**ECRWSS  
POSTAL PATRON**

**Proud to Support  
Perinton Recreation & Parks**

**AIRQUIP**  
HEATING & AIR CONDITIONING

**Fairport Electric Rebates!**  
Find out more at:  
[AirquipHeating.com/FairportRebate](http://AirquipHeating.com/FairportRebate)  
Or call Airquip at 585-641-3080

**Brett Stokoe**  
PT, DPT

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

**Tess Kelly, PTA**

**Genesee Valley  
Physical Therapy**

***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**

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