



Perinton

Recreation & Parks

www.perinton.gov

2026 Spring Programs



Registration Begins
Monday, March 30th at 10 AM

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

PASS FEES

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

ROOMS AND GYM FOR RENT

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

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 \$6.00 per person with proof of residency. Admission for non-residents is \$8.00. **All participants must show ID every time.** 10X stamp passes are available to residents (\$47.00) and non-residents (\$63.00). **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 = \$21 (\$21.63 credit card price)
\$3.50 each additional child (\$3.61 credit card price)

	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	\$5.00 <i>\$5.15 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$8.00 <i>\$8.24 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$7.75 <i>\$7.98 credit card price</i>	\$8.75 <i>\$9.01 credit card price</i>	\$13.00 <i>\$13.39 credit card price</i>	\$8.75 <i>\$9.01 credit card price</i>
20 Visit	\$49.00 <i>\$50.47 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$80.00 <i>\$82.40 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$80.00 <i>\$82.40 credit card price</i>	\$110.00 <i>\$113.30 credit card price</i>	\$170.00 <i>\$175.10 credit card price</i>	\$110.00 <i>\$113.30 credit card price</i>
Monthly	\$30.00 <i>\$30.90 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$58.00 <i>\$59.74 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$45.00 <i>\$46.35 credit card price</i>	\$52.00 <i>\$53.56 credit card price</i>	\$80.00 <i>\$82.40 credit card price</i>	\$52.00 <i>\$53.56 credit card price</i>
6 Month	\$150.00 <i>\$154.50 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$290.00 <i>\$298.70 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$205.00 <i>\$211.15 credit card price</i>	\$260.00 <i>\$267.80 credit card price</i>	\$375.00 <i>\$386.25 credit card price</i>	\$260.00 <i>\$267.80 credit card price</i>
12 Month	\$265.00 <i>\$272.95 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$484.00 <i>\$508.82 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$355.00 <i>\$365.65 credit card price</i>	\$455.00 <i>\$468.65 credit card price</i>	\$375.00 <i>\$395.25 credit card price</i>	\$455.00 <i>\$468.25 credit card price</i>

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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		
Beginner Pickleball 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.

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THIS PROPERTY IS

**UNDER
REVIEW**

BY THE TOWN OF PERINTON

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

Town Hall Closings		PCC Closings:	
Fri., April 3	Good Friday	April 5	Easter Sunday
Mon., May 25	Memorial Day	May 25	Memorial Day
Fri., June 19	Juneteenth		

Recreation & Parks Content Starts on Page 11

Town of Perinton

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

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

www.perinton.gov

Facebook: **Town of Perinton, NY**

Twitter: **@TPerinton**

Instagram: **townofperinton**

Charles Steinman
Town Justice

Gary Muldoon
Town Justice

Wayne Pickering, IAO
Town Assessor

Joseph LaFay
Town Attorney

Robert J. Kozarits
Town Engineer

Bill Poray
Town Historian

Jason R. Kennedy
DPW Commissioner

Jeff Nutting
Commissioner of Recreation and Parks

Board Meetings

Town Board

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

Planning Board

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

Conservation Board

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

Zoning Board of Appeals

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

We also offer the public the option to join board 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 —



Jenn Townsend
Town Supervisor



Meredith Stockman-Broadbent
Town Board



Mike Folino
Town Board



Emily Mischler
Town Board



Dave Masterson
Town Board



Andrew Gilchrist
Town Clerk

Spring 2026 Update from Perinton Animal Control

As the warmth of spring spreads across Perinton, please be mindful of the wildlife that shares our environment. With the changing season comes a flurry of activity among local fauna, and understanding how to coexist peacefully is key to everyone's well-being.

Spring marks the birthing season for many animals, making it crucial to respect their habitats and avoid disturbing nests or dens. By adhering to the principle of "If you care, leave them there," we can ensure that mothers can care for their young without disruption.

Additionally, the increase in daytime wildlife sightings is to be expected as animals emerge from winter hibernation in search of food. Should you encounter an injured or sick animal, please reach out to Animal Control for assistance.

Feeding wildlife directly can lead to dependency and conflicts. Instead, consider using bird feeders with seed wells and removing them temporarily if wildlife becomes a nuisance. This simple adjustment can help maintain the natural balance of our ecosystem.

For pet owners, taking precautions such as checking yards before letting pets out at night and securing areas under decks and sheds can prevent unwanted encounters between pets and wildlife.

Additionally, now is the perfect time to check invisible fences, replace collar batteries, and make sure your physical fence is in good condition for the summer months.

By working together to understand and respect the needs of local wildlife, we can create a safe and enjoyable environment for all in Perinton. Perinton Animal Control can be reached by calling (585) 223-5115 during our operating hours Monday-Friday 7:30 a.m.-4 p.m. For After-Hour Emergencies, please call (585) 425-7380. An Animal Control Officer will be dispatched to assist the animal with the care it needs.

You can find many answers to your animal control needs on the animal control portion of our webpage – check it out at www.perinton.gov.

- Cristopher Ruiz, Animal Control Officer



Perinton Public Works
Animal Control
perinton.gov



SAVE THE DATE

PERINTON
COMMUNITY
RECYCLING DAY

SATURDAY, MAY 16TH

- ✓ ELECTRONICS RECYCLING
- ✓ DOCUMENT SHREDDING
- ✓ HOUSEHOLD HAZARDOUS WASTE ★
- ✓ FREE TO RESIDENTS
- ✗ CURBSIDE RECYCLING NOT ACCEPTED



★ *Appointments are required for the Household Hazardous Waste Collection only. Book online, starting in April, at: www.monroecounty.gov/ecopark*

Each year, the Town of Perinton hosts a Drive-Thru Community Recycling Day featuring FREE electronics recycling, document shredding for residents, as well as a household hazardous waste collection in partnership with Monroe County. *Please note that curbside recycling materials will not be accepted at this event; instead, please dispose of that material in your regular weekly curbside collection.*

This event will return on May 16, 2026. Please visit www.perinton.gov, for event details. Residents can also recycle Household Hazardous Waste year-round by making an appointment at the Monroe County Ecopark. Check out local PaintCare drop-off sites to properly dispose of house paint as well as primers, stains, sealers, and clear coatings such as shellac and varnish. Visit www.paintcare.org for more information.

By offering these collections, we are bringing essential services close to home while encouraging residents to recycle items that are often difficult to dispose of properly.

If you have any questions, please contact Perinton Public Works at (585) 223-5115.

SAVE THE
DATE



Town of Perinton

FREE RABIES
IMMUNIZATION
CLINIC

- In partnership with Monroe County and Fairport Animal Hospital -

SATURDAY, JUNE 6, 2026

Appointments will open in May!

Check www.perinton.gov or call (585) 223-5115 for availability.



Our Electronics Recycling Program Returns this Spring!

Our Electronics Recycling Program resumes this May at our Community Recycling Day. Starting in June and extending into October, residents can participate in free monthly collection events located at Perinton DPW. These events require online appointments, which can be made at www.perinton.gov.

Recyclable items range from small devices like cell phones to larger ones like TVs and computers. The Town partners with E-Waste+ to ensure proper recycling.

For a full list of accepted items, visit our Electronics Recycling webpage or scan the QR code.



Spring Home Improvement Projects in Perinton



As spring arrives, many homeowners begin planning outdoor improvement projects such as decks, sheds, and fences. Before getting started, the Town of Perinton Building & Codes Department encourages residents to review local regulations and permit requirements to ensure projects meet both Town and New York State building codes.

Building permits are required for most of these projects. Decks that are elevated, attached to a house, or provide access to a pool require permits, with guardrails required when the deck surface is 30 inches or more above grade. Storage sheds also require permits regardless of size. Residential properties are typically allowed one shed up to 200 square feet (or 1% of the lot area), and sheds must be placed in the rear yard with appropriate setbacks from property lines and the home. Permanent fences also require permits and may be up to 6 feet tall in side and rear yards and up to 3 feet tall in front yards.

During construction, inspectors from the Building & Codes Department review plans and perform inspections to ensure safety and compliance. Homeowners are also reminded to contact 811 before digging to mark underground utilities and prevent damage or safety hazards.

Residents can now apply for building permits online through the Town's new 24/7 portal, which allows users to submit applications, pay fees, request inspections, and track project progress anytime. Scan the QR code to get started. For more information, contact the Building & Codes Department.



Perinton Building & Codes

www.perinton.gov (585) 223-0770 building@perinton.gov

Illicit Discharges Harm Our Waterways



An illicit discharge is any unauthorized discharge of liquid or solid substances into a municipal storm sewer system other than stormwater run-off from rainfall or snow melt. Stormwater in Perinton drains directly to local waterways, not a treatment plant, and since storm sewers are not designed to treat pollutants, illicit discharges can harm waterways by causing algae blooms, bacteria growth, fish kills, and surface water contamination.

Preventing Illicit Discharges



Pesticides & Fertilizer



Gas & Oil



Wash Water



Grass Clippings

Dispose of Household Chemicals Properly: Never dump cleaners, paint, oil, or pesticides near storm drains. Use Monroe County's EcoPark for safe disposal.

Wash Cars Responsibly: Use commercial car washes or wash on grass, not driveways, to prevent the runoff of automotive fluids and detergents from entering our storm sewer system.

Maintain Septic Systems: Pump your tank every 2–3 years to prevent septic backups from contaminating waterways.

Drain Pools Correctly: Let chlorine dissipate before draining and avoid direct discharges into storm drains; instead, use your lawn or landscaped areas to filter the pool water.



See it? Say it! How to Report an Illicit Discharge:

1. Observe from a safe distance—do not touch or smell the substance.
2. Notify: Weekdays (7:30 AM – 4:00 PM): Call (585) 223-5115, After Hours: ewilliams@perinton.gov
3. Provide details: name, contact info, time/date/location, material description, and severity.

SPRING 2026

WOOD MULCH & COMPOST GIVE BACK

May 1st
 May 8th
 May 15th
 May 22nd
 May 29th



Perinton Community Center
1350 Turk Hill Rd. 14450
(North parking lot)



Each spring and fall, Perinton's weekly yard debris is recycled at High Acres Landfill and given back to the community as wood mulch or compost. On average, the equivalent of 67,500 bags of material is provided to residents each year.

Perinton Residents Only ← → **While Supplies Last**



2026

S.W.I.R.L. CONFERENCE



Safety • Wellness • Inclusion • Recreation • Leadership

Join professionals from across New York State for a full day of hands-on training, leadership development, wellness education, inclusive programming strategies, and community safety learning.

Scan to Register:



FRIDAY, MAY 1ST

7:30 AM - 04:00 PM

Perinton Community Center

Learn More:



PERINTON RECREATION & PARKS | 585-223-5050 | PERINTON.GOV

Plan your Springtime Visit to our Parks in Perinton!

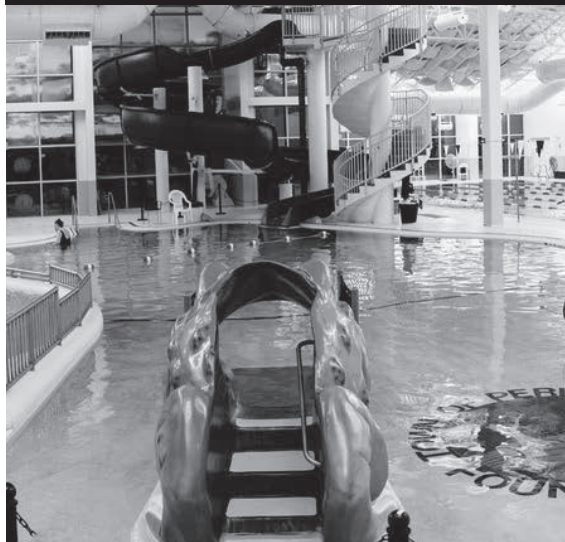
As the weather warms up, it's the perfect time to get outside and explore everything Perinton's town parks have to offer. From scenic trails and waterfront views to playgrounds, sports fields, and community gathering spaces, our parks provide something for residents of all ages to enjoy.

Whether you're planning a family outing, a spring walk, or a visit to the Perinton Community and Aquatic Center, Perinton is home to many places where residents can play, relax, and connect with nature.



PERINTON COMMUNITY CENTER

-  Lap Pool, Indoor Water Park, Current Channel, and Hot Tub!
-  Fitness Equipment, Track, 55+ Lounge, Classes, Drop-In Sports, After-School Programs and Gym!



Ayrault Boat Launch

426 Ayrault Rd, Fairport, NY 14450



Bushnell's Basin Docks

640 NY-96, Pittsford, NY 14534



Center Park East

1466 Ayrault Rd Fairport, NY 14450



Center Park West

1100 Ayrault Rd Fairport, NY 14450



Egypt Park

99 Victor Rd Fairport, NY 14450



Fellows Road Park

499 Fellows Rd, Fairport, NY 14450



Garnsey Road Arboretum

500 Garnsey Rd, Fairport, NY 14450



Kreag Road Park

555 Kreag Rd, Pittsford, NY 14534



Perinton Amphitheater

1100 Ayrault Rd Fairport, NY 14450



Perinton Community/Aquatic Center

1350 Turk Hill Rd Fairport, NY 14450



Perinton Park/Perinton Skatepark

99 O'Connor Rd, Fairport, NY 14450



Potter Park

53 W Church St, Fairport, NY 14450



Howell Road Park

202 Howell Rd, Fairport, NY 14450



Spring Lake Park

99 Whitney Rd, Penfield, NY 14526



White Brook Nature Center

250 Aldrich Rd, Fairport, NY 14450

Learn More! 



GENERAL INFORMATION

WebTrac Information

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

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

Please go online to <https://webtrac.perinton.org> and enter the "user name" and "password" that we have provided you. You can "shop" by selecting your classes, placing them in your "shopping cart" and "check out" using Visa, Mastercard, Discover or American Express or e-check 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, May 25 Memorial Day (PCC Closed)

Friday, June 19 Juneteenth

What's New For **SPRING**

Youth Camps

Art & Cooking Summer Camp!
Room to Bloom in Art Camp!
The Magical Mystery Camp

Preschool

Little Hands, Little Bakers: *Blueberry Muffins!*
Little Learners and Me
Preschool Adventures: Kitchen Fun
Teeny Tiny Artists: *Alphabet Art!*
Teeny Tiny Artists: *Exploring Backyard Birds!*
Teeny Tiny Artists: *Growing from Seed to Flower!*
Teeny Tiny Artists: *Make a Gift for Mom!*

Youth and Teen

4-Week Intro to Athletic Training Program
Running Club Double Time

Youth and Teen Arts & Crafts

and Cooking
Crochet Piper the Penguin
Mother's Day
Mommy & Me Flower Crown Workshop
Needles at Noon: Grandma's Favorite Dish Cloth
The Art of the Flower Crown

Aquatics

Aqua Strength

Adult

Boundaries & Burnout: How to Reclaim Your Energy
Breathing for Sanity: Mind-Body Reset
HSAs - The Other Retirement Account
Investing Basics For Women
Look Younger Instantly: The Complexion & Color Workshop
Nature as Medicine: The Science & Spirit of Grounding

New to Pickleball and Advanced Beginner

Pickleball
Radiance At Every Age: Softer, Younger-Looking Skin
Sacred Self-Care: Nourishing the Mind, Body & Spirit
Thriving in Retirement

Adult Arts & Crafts and Cooking

Crochet Piper the Penguin
Needles at Noon: Grandma's Favorite Dish Cloth
The Art of the Flower Crown



SPECIAL EVENTS

SPECIAL EVENTS

SAVE THE DATE!!

Saturday	May 9	Mighty Machine Mania
Sunday	May 10	Mother and Child Tea
Saturday	June 13	25th Annual Fishing Derby
Saturday	August 8	Perinton Youth Triathlon

Register early to avoid program cancellation due to low enrollment.



Mighty Machine Mania

Ages: Open to families
 Come see the huge trucks and heavy equipment you see around Perinton up close. This is a great family event and opportunity to learn more about these machines. You may even get a chance to sit in the equipment. This event is presented by the Town of Perinton and Airquip Heating and Air Conditioning.

Location: Fellows Road Park
Date: Sat., 5/9 10:00 AM-12:00 PM No charge. No pre-registration required.

Mother and Child Tea

Ages: 3 years and over
 Moms of all ages, bring your child(ren) to celebrate Mother's Day with us! Dress in your Sunday best and enjoy tea, punch and some sweet treats. We will have a special spot set up for photos and will make a memorable craft. Enjoy your special time together!

Location: PCC
Dates: **Code: 265209-A** Sun., 5/10 1:00-2:00 PM (1 class)
 Res \$5, Non-Res \$6

25th Annual Fishing Derby

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

Location: Perinton Park Shelter, 99 O'Connor Road
Date: **Code: 225210-A** Sat., 6/13 9:00-11:00 AM (1 class)
 Res \$5, Non-Res \$6

Perinton Youth Triathlon

Ages: 7-14 years
 Be part of the 13th Perinton Youth Triathlon! Two race distances: "The Sprint" – 50-yard swim, 2-mile bike, .5-mile run. "The Doubler" – 100-yard swim, 4-mile bike, 1 mile run. Transition opens at 8 AM with the race starting at 9 AM in staggered starts. All participants will receive a t-shirt and light snack following the race. Age group medals (gender based) for 7-8, 9-10, 11-12, and 13-14. Registration is on www.runtheday.com. Search for Perinton Youth Triathlon or <https://runtheday.com/register/detail/perinton-triathlon-2026/?source=upcomingraces>. This event is presented by Towpath Bike and MVPT. Race walk through on Thursday, 8/6 from 6:00-7:00 PM.

Location: Center Park
Date: Sat., 8/8 9:00 AM \$34
Not available on WebTrac.



3% Credit Card fee applies to all transactions

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 and supervised by an adult are welcome to participate. All hikes start at 1:30 PM on the second Sunday of the month, unless otherwise noted. At any point of the hike, you may turn around and return to the start if your time is limited. Hikes are usually about 1 1/2 hours in duration. For more information, go to the Association's website, www.crescenttrail.org or visit us on Facebook at www.facebook.com/crescenttrail. If you have an idea for a new hike or would like to lead a hike, send us an email at crescenttrail@gmail.com.

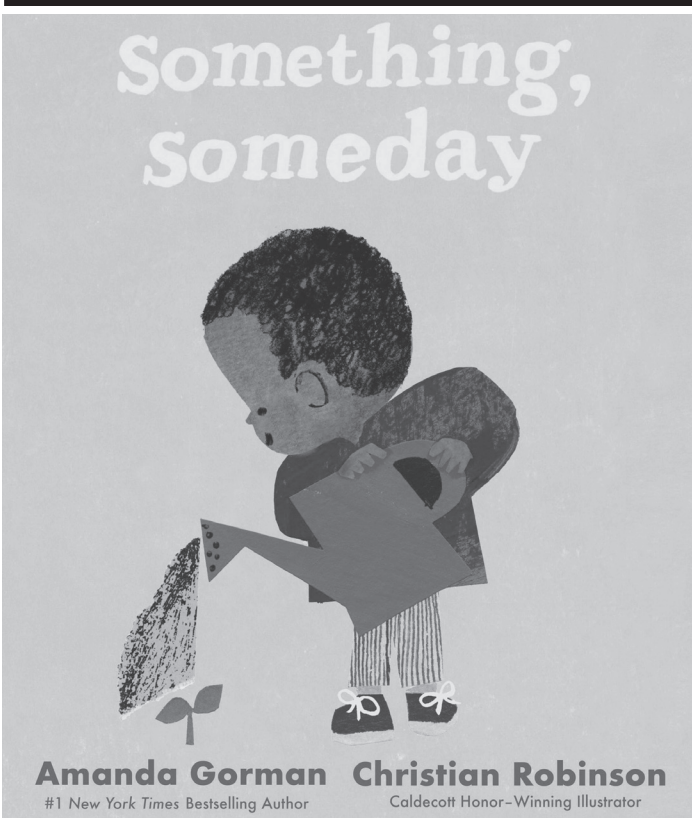
Sunday, April 12, 1:30 PM | Special Event: Orange Trail End to End Challenge

In 2026, we will be hiking the entire Orange Trail, from Bushnell's Basin to Hamilton Road, in 3 monthly hikes (April, July and October). Each hike is about 6 miles with some difficult sections. Hikers who complete all 3 hikes will be eligible for the Crescent Trail Finisher Patch. We will meet at the parking lot on Rt. 96, just west of Aurora Brewing in Bushnell's Basin for the April hike. Type "Bushnell's Basin Crescent Trail Head" in your GPS. A town bus will transport hikers from the meeting location to the start of the hike where the Orange Trail meets Rt. 250. We will then hike back to Bushnell's Basin. We hope you can join us for this challenge.

Sunday, May 10, 1:30 PM | In May, we will hike in the Ganondagan State Historic Site. The meeting location is at the Environment Field Office, which is located at 6982 County Road 41 in Victor just east of the parking lot for the Seneca Art & Culture Center on Boughton Hill Road. Type "Environmental Field Office Victor" in your GPS.

Sunday, June 14, 1:30 PM | We will have a Conservation Biologist lead the June Hike. We will visit some unique areas in Perinton and learn about our local environment. We will meet where the RSE Trail crosses Hogan Road. Type "287 Hogan Road" in your GPS.

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



Story Walk

Something, Someday

By Amanda Gorman

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

You're told that this won't work, but how will you know if you never try? Sometimes the world feels broken and problems seem too big to fix but we all have the power to make a difference. With a little effort and maybe the help of a friend or two, together we can make improvements and create change.

Illustrator Christian Robinson's vivid renderings of a neighborhood working as a unit shows us the author's words in action.

Story Walk starts inside the Perinton Community Center in the north corridor. This project is dedicated to Mary Wilkinson, Marty Ey and Kay Drury, all longtime AAUW members and Story Walk supporters.

TENNIS & PICKLEBALL COURTS

Public Court Time

Hours: 8:00 AM-10:00 PM

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:**

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

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

SUMMER DAY CAMP

Perinton Recreation and Parks

SUMMER DAY CAMP

**NEW
REGISTRATION
DATES
THIS YEAR!**

**PERINTON
RESIDENT REGISTRATION
1/26 AT 10AM**

**NON-RESIDENT
REGISTRATION
2/2 AT 10AM**



- Week 1: All-American Week
- Week 2: Cinema Week
- Week 3: Summer Safari
- Week 4: Reach for the Stars
- Week 5: Under the Big Top
- Week 6: Carnival Week
- Week 7: Adventure Week
- Week 8: Kickoff To Fall

- June 29-July 2
- July 6-July 10
- July 13-17
- July 20-24
- July 27-July 31
- August 3-7
- August 10-14
- August 17-21

- AMF Fairport Lanes Bowling
- Regal Eastview
- Hidden Valley Animal Adventures
- Nova Trampoline Park
- Roc City Circus
- Carnival at Center Park
- Roseland Water Park
- Wickham Farms

Camp Fee Includes: Swimming Trip to Perinton Community Center, Camper T-Shirt, Molly V's Ice Cream on Fridays, Weekly Field Trip

20% SIBLING DISCOUNT!

**Week 1: Potter/Fellows Road: Resident \$166, Non-Resident: \$176
Jefferson Ave. School: Resident: \$139, Non-Resident: \$149**
**Weeks 2-8: Potter/Fellows Road: Resident: \$208, Non-Resident: \$218
Jefferson Ave. School: Resident: \$174, Non-Resident: \$184**

**MORE INFO
WILL BE SENT
VIA EMAIL
PRIOR TO CAMP!**

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

SUMMER DAY CAMP

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



SKILL DEVELOPMENT

Register early to avoid program cancellation due to low enrollment.

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

Fairport Baseball Youth Camp

Ages: 6-18 years
Join the 9-time Section V Champion and 2024 NYS Champion Fairport Red Raiders Baseball Program for an action-packed baseball camp! Develop hitting, fielding, pitching, and game strategy with top-tier coaching and high-energy drills. Learn from the best, compete like a champion, and have a blast on the field. Don't miss out - sign up today!

Instructors: Kieran Murphy & Tyler Holmes
Location: FHS Baseball Fields
Dates: **6-11 years**
Code: 325701-A M.-Th., 8/3-8/6 9:00-11:30 AM (4 classes)
Res \$150, Non-Res \$160
12-18 years
Code: 325701-B M.-Th., 8/3-8/6 12:00-2:30 PM (4 classes)
Res \$150, Non-Res \$160

Fairport Basketball Camps

Ages/Grades: 6-12 years and Entering Grades 7-9 in Fall 2026
These sessions include warm-ups, game rules, ball handling, passing, shooting, dribbling, one-on-one moves and man-to-man defense! Older age groups will go into more detailed aspects of the game. Players are assigned to teams and participate in games daily. Free throw contest with trophies will conclude all sessions! Please note t-shirt size when registering.

Instructors: Scott Fitch, FHS Boys Varsity Basketball Coach & Staff
Location: TBD
Dates: **6-7 years**
Code: 325302-A M.-Th., 7/13-7/16 8:00-10:30 AM (4 classes) Res \$185, Non-Res \$195
8-9 years
Code: 325302-B M.-Th., 7/13-7/16 8:00-10:30 AM (4 classes) Res \$185, Non-Res \$195
10 years
Code: 325302-C M.-Th., 7/13-7/16 8:00-10:30 AM (4 classes) Res \$185, Non-Res \$195
11-12 years
Code: 325302-D M.-Th., 7/13-7/16 8:00-10:30 AM (4 classes) Res \$185, Non-Res \$195
Grades 7 & 8
Code: 325302-E M.-Th., 7/13-7/16 11:00 AM-1:30 PM (4 classes) Res \$185, Non-Res \$195
Grade 9
Code: 325302-F M.-Th., 7/13-7/16 11:00 AM-1:30 PM (4 classes) Res \$185, Non-Res \$195

Fairport Cross Country Summer Running — Come Run With Us!

Grades: Entering Grades 8-12 in Fall 2026
A week of kick-off cross country camp followed by Tuesday/Thursday/Saturday running training sessions. We will kick off our summer training as a cross country team. Practices will focus on running, general conditioning, and team building. Athletes need to have proper running attire, a running watch, water bottle and running sneakers. Registration includes a dri-fit shirt. (Note: Please list shirt size.)

Instructors: Christy Moore & Ben Bulkeley
Location: Center Park & Mendon Ponds Park- Hopkins Point Shelter Area
Dates: **Code: 325706-A** Res \$150, Non-Res \$160
Week 1: M.-F., 6/22-6/26 4:30-6:30 PM (Center Park) & Sat., 6/27 8:00-10:00 AM (Mendon Ponds Park - Hopkins Point Shelter Area)
Weeks 2-9: Tu. & Th., 6/30-8/20 4:30-6:00 PM (Center Park) & Sat., 7/11-8/22 8:00-10:00 AM (Mendon Ponds Park - Hopkins Point Shelter Area)

Fairport Tennis Skills Camp

Grades: Entering Grades 7-12 in Fall 2026
This camp is for anyone interested in improving their tennis skills! Athletes will participate in a variety of tennis drills and games all in a fun environment. No experience necessary. Athletes need to be entering grades 7-12 in Fall 2026. This is a 3-day camp. We will use the following 2 days as "rain dates" only if needed.

Instructors: Joe Ahl & Tim O'Brien
Location: FHS Tennis Courts
Dates: **Girls**
Code: 325229-A M.-W., 7/13-7/15 5:00-6:30 PM (3 classes)
Res \$80, Non-Res \$88
Boys
Code: 325229-B M.-W., 7/13-7/15 6:30-8:00 PM (3 classes)
Res \$80, Non-Res \$88

Lil Athletes with Coach Lisa

Ages: 3-6 years
Lil Athletes is a fun and positive introduction to sports of all sorts. (Golf, tennis, soccer, basketball, hockey, running and more.) All games and activities promote the development of gross motor skills and encourage peer interaction in a safe and non-competitive environment. Come join the fun!

Instructor: Lisa Magliato
Location: PCC
Dates: **Code: 311819-A** Tu., 6/30-8/11 (ex. 7/28) 10:00-10:45 AM (6 classes) Res \$120, Non-Res \$130

Nordic Skiing Rollerskiing and Dryland Training

Ages: 11-19 years
Learn about dryland training and rollerskiing as one prepares for those snowy days in the winter when skiing local resorts and parks is a must! We have some boots, poles and rollerskis if you need equipment. Please email instructor with your shoe size if you need boots to rollerski.

Instructor: Anthony Kerr
Location: Fellows Road Park
Dates: **Code: 345254-A** M., 6/29-8/17 (ex. 7/13) 6:00-7:30 PM (7 classes) Res \$20, Non-Res \$22

Summer Soccer Camp

Grades: Entering Grades 1-8 in Fall 2026
The Perinton Recreation Summer Soccer Camp focuses on having fun while playing the game of soccer. The goal is to provide the players with a well rounded soccer experience covering technical development and tactics while playing the game. We use small sided games with smaller teams so that all players have the opportunity to develop their skills and get involved in the games.

Instructor: Bill Teasdale
Location: Center Park Soccer Fields
Dates: **Code: 325306-A** M.-Th., 7/13-7/16 9:30 AM-2:30 PM
(4 classes) Res \$195, Non-Res \$205

Volleyball Summer Camp

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

Instructor: John Bednarczyk
Location: PCC
Dates: **Code: 335302-A** M.-F., 7/6-7/10 10:00 AM-12:00 PM
(5 classes) Res \$105, Non-Res \$115
Code: 335302-B M.-F., 8/3-8/7 10:00 AM-12:00 PM
(5 classes) Res \$105, Non-Res \$115



YOUTH CAMPS

3% Credit Card fee applies to all transactions

NEW!! Art & Cooking Summer Camp!

Ages: 8-14 years
Take your art to the next level and give cooking a try! In this 5-day camp, we will meet a different artist from art history each day and create a work of art in their style! Then together, we will make a cool-kid friendly recipe of: beef burritos, creamy chicken-stuffing casserole, grilled cheese sandwiches, chicken quesadillas, flatbread lasagna pizzas, and chocolate pudding pies mostly made from scratch! Design a chef apron or a canvas tote, cookbook, enjoy a daily light snack, and outdoor time on the playground or crafting! Please bring a water bottle to class each day.

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 332882-A** M.-F., 8/24-8/28 9:00 AM-3:00 PM (5 classes)
Res \$300, Non-Res \$310

EZ Peasy Disney Cooking Camp!

Ages: 7-12 years
Join me for a full day cooking camp that is fun-filled with excitement where the magic of Disney themed recipes come together in the kitchen! All new recipes & themes for this summer! Each day is inspired by a different Disney movie that will include cooking and baking your own lunch, snacks, arts & crafts, movie trivia and outdoor playground time. All supplies included plus tie-dyeing a t-shirt and designing a cookbook! Please specify a t-shirt size at the time of registration.

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 332872-A** M.-F., 7/20-7/24 9:00 AM-3:00 PM (5 classes)
Res \$400, Non-Res \$410

Nature Explorers Too

Ages: 7-9 years
Spend a week having fun exploring the White Brook Nature Area with hikes, bug catching, crafts and so much more. All activities designed to discover and identify the plants, insects and animals that live there and learn about their habitats. Don't forget to bring your lunch, water bottle, sneakers, bug repellent, a white t-shirt and your enthusiasm! Afternoon snack provided.

Instructors: Karen Barriault & Staff
Location: White Brook Nature Area
Dates: **Code: 325245-A** M.-F., 7/27-7/31 9:00 AM-2:30 PM (5 classes)
Res \$190, Non-Res \$200
Code: 325245-B M.-F., 8/3-8/7 9:00 AM-2:30 PM (5 classes)
Res \$190, Non-Res \$200
Code: 325245-C M.-F., 8/10-8/14 9:00 AM-2:30 PM (5 classes)
Res \$190, Non-Res \$200



Pre-K Hooray

Ages: 4-5 years
Join us for summer camp – for Preschoolers! Pre-K Hooray will keep your little one busy and excited with crafts, games, story time, group play and more! Our instructors bring years of experience to this enriching program. Don't miss out – this program fills quickly! Please ensure enrollment age is adhered to. Snack provided, but you are welcome to send a snack too!

Instructors: PCC Staff
Location: PCC
Dates: **Holiday Hoopla**
Code: 315818-A M.-Th., 6/29-7/2 9:30-11:30 AM (4 classes)
Res \$68, Non-Res \$76
Wonders of Nature
Code: 315818-B M.-F., 7/6-7/10 9:30-11:30 AM (5 classes)
Res \$85, Non-Res \$94
Exploring Outer Space
Code: 315818-C M.-F., 7/13-7/17 9:30-11:30 AM (5 classes)
Res \$85, Non-Res \$94
Aquatic Adventures
Code: 315818-D M.-F., 7/20-7/24 9:30-11:30 AM (5 classes)
Res \$85, Non-Res \$94
Alphabet Friends
Code: 315818-E M.-F., 7/27-7/31 9:30-11:30 AM (5 classes)
Res \$85, Non-Res \$94

This program was in Winter Brochure, so registration is already open.

Ready, Set, Kindergarten!

Ages: 4-5 years (entering K in Fall 2026)
Children will listen to stories, create crafts, play games, and make new friends. Each day will be themed around a renowned children's book and set up in the same format as a day in Kindergarten. By the end of the week, your child will feel prepared to start his/her Kindergarten journey!

Instructor: Mary Beth Foote
Location: PCC
Dates: **Code: 322711-A** M.-Th., 8/3-8/6 9:00-11:30 AM (4 classes)
Res \$160, Non-Res \$170
Code: 322711-B M.-Th., 8/3-8/6 12:30-3:00 PM (4 classes)
Res \$160, Non-Res \$170

NEW!! Room to Bloom in Art Camp!

Ages: 6-10 years
In this 5-day art camp, your artist will enjoy learning new skills in drawing, painting and working with clay to create sculptures! Artists will love painting one half of the class and spending the other half learning different clay hand building techniques. Our theme this summer is *Under the Sea!* This program is taught by a NYS certified art teacher. All materials are included as well as a daily light snack. Please bring a water bottle to class each day.

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 332883-A** M.-F., 7/13-7/17 9:00 AM-12:00 PM (5 classes)
Res \$260, Non-Res \$270
Code: 332883-B M.-F., 7/27-7/31 9:00 AM-12:00 PM (5 classes)
Res \$260, Non-Res \$270

Summer Horse Camp

Ages: 8 years and over
Fun in the Sun with Horses! Come explore our 120 acre farm. Daily horse back rides. Feed, groom, and bathe the ponies. Hike on our trails through fields, woods and streams. Walk the horses to the pond and watch them splash in the water. Make horse related arts, crafts and treats. Games on horse back! Games on foot!

Instructors: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 325702-A** M.-F., 7/6-7/10 9:00 AM-3:00 PM (5 classes)
Res \$475, Non-Res \$485
Code: 325702-B M.-F., 7/20-7/24 9:00 AM-3:00 PM (5 classes)
Res \$475, Non-Res \$485
Code: 325702-C M.-F., 8/3-8/7 9:00 AM-3:00 PM (5 classes)
Res \$475, Non-Res \$485
Code: 325702-D M.-F., 8/17-8/21 9:00 AM-3:00 PM (5 classes)
Res \$475, Non-Res \$485

Summer Pool Camp Program

Ages: 6-12 years
If you love the water, you will love this day camp! Held at the Community Center, kids will have a swim lessons along with water activities, crafts and outdoor games. The day is capped off with a free swim in the afternoon. Fridays, we will have a visit from Molly V's Ice Cream. One of our most popular summer programs, so register early. Must be 6 years old or have completed Kindergarten.

Instructors: Aquatic Center Staff
Location: PCC
Dates:
Code: 323326-A M.-Th., 6/29-7/2 9:00 AM-4:00 PM (4 classes) FULL
Code: 323326-B M.-F., 7/6-7/10 9:00 AM-4:00 PM (5 classes) FULL
Code: 323326-C M.-F., 7/13-7/17 9:00 AM-4:00 PM (5 classes) FULL
Code: 323326-D M.-F., 7/20-7/24 9:00 AM-4:00 PM (5 classes) FULL
Code: 323326-E M.-F., 7/27-7/31 9:00 AM-4:00 PM (5 classes) FULL
Code: 323326-F M.-F., 8/3-8/7 9:00 AM-4:00 PM (5 classes) FULL
Code: 323326-G M.-F., 8/10-8/14 9:00 AM-4:00 PM (5 classes) FULL

This program was in Winter Brochure, so registration is already open.

Summer Theatre Camps

Ages: 5-14 years
This program provides focused acting, singing, movement/dance and technical theatre training all within the rehearsal process. Perfect for children who love theatre or have a desire to see what it's all about! Campers will also be focusing on creating sets, props and costumes.
* Campers will need a packed lunch, filled water bottle and 2 snacks each day
* Campers should wear comfortable clothing and shoes that permit movement and dancing

Instructor: Bravo! Creative Arts, Ed Rocha
Location: PCC

Taylor Swift

Performances: 7/2, 6:00 PM & 7/3, 3:00 PM
Dates:
Code: 325232-A M.-F., 6/29-7/3 8:30 AM-4:30 PM (5 classes) Res \$240, Non-Res \$250
Code: 325232-AA M.-F., 6/29-7/3 9:00 AM-3:30 PM (5 classes) Res \$200, Non-Res \$210

Shrek the Musical, Jr.

Performances: 7/16, 6:00 PM & 7/17, 2:00 PM & 5:00 PM
Dates:
Code: 325232-B M.-F., 7/6-7/17 8:30 AM-4:30 PM (10 classes) Res \$480, Non-Res \$490
Code: 325232-BB M.-F., 7/6-7/17 9:00 AM-3:30 PM (10 classes) Res \$400, Non-Res \$410

Roald Dahl's Willy Wonka Jr.

Performances: 7/30, 6:00 PM & 7/31, 2:00 PM & 5:00 PM
Dates:
Code: 325232-C M.-F., 7/20-7/31 8:30 AM-4:30 PM (10 classes) Res \$480, Non-Res \$490
Code: 325232-CC M.-F., 7/20-7/31 9:00 AM-3:30 PM (10 classes) Res \$400, Non-Res \$410

Hamilton

Performances: 8/6, 6:00 PM & 8/7, 3:00 PM & 5:00 PM
Dates:
Code: 325232-D M.-F., 8/3-8/7 8:30 AM-4:30 PM (5 classes) Res \$240, Non-Res \$250
Code: 325232-DD M.-F., 8/3-8/7 9:00 AM-3:30 PM (5 classes) Res \$200, Non-Res \$210

Wicked

Performances: 8/13, 6:00 PM & 8/14, 3:00 PM & 5:00 PM
Dates:
Code: 325232-DDD M.-F., 8/10-8/14 8:30 AM-4:30 PM (5 classes) Res \$240, Non-Res \$250
Code: 325232-DDDD M.-F., 8/10-8/14 9:00 AM-3:30 PM (5 classes) Res \$200, Non-Res \$210

Disney's Moana Jr.

Performances: 8/27, 6:00 PM & 8/28, 2:00 PM & 5:00 PM
Dates:
Code: 325232-E M.-F., 8/17-8/28 8:30 AM-4:30 PM (10 classes) Res \$480, Non-Res \$490
Code: 325232-EE M.-F., 8/17-8/28 9:00 AM-3:30 PM (10 classes) Res \$400, Non-Res \$410

K-Pop Demon Hunters

Performances: 9/3, 6:00 PM & 9/4, 3:00 PM & 5:00 PM
Dates:
Code: 325232-F M.-F., 8/31-9/4 8:30 AM-4:30 PM (5 classes) Res \$240, Non-Res \$250
Code: 325232-FF M.-F., 8/31-9/4 9:00 AM-3:30 PM (5 classes) Res \$200, Non-Res \$210

This program was in Winter Brochure, so registration is already open.

NEW!! The Magical Mystery Camp

Ages: 4-14 years
Magical Mystery Camp is a hands-on adventure where kids learn real magic secrets, balloon twisting, and how to make their own custom buttons. Every trick, balloon and button goes home with you. Camp builds confidence, self-esteem, hand-eye coordination, creativity, and teaches lifelong skills through fun, wonder, and imagination, while encouraging teamwork, curiosity, focus, pride and joyful performance for every camper.

Instructor: Rich Stein
Location: PCC
Dates:
Code: 325842-A M.-Th., 4/3-4/6 1:00-2:30 PM (4 classes) Res \$100, Non-Res \$110

Young Nature Explorers

Ages: 5-6 years
Come explore all the hidden wonders of the White Brook Nature Area. There are many different activities including nature hikes, bug catching, crafts and a whole lot more. Each week explores a different topic: pond life, birds and plants, mammals and bugs! Snack provided. Sneakers required. White t-shirt for nature prints. We will have tons of fun!

Instructors: Karen Barriault & Staff
Location: White Brook Nature Area
Dates:
Code: 325215-A M.-F., 6/29-7/3 1:00-3:30 PM (5 classes) Res \$140, Non-Res \$150
Code: 325215-B M.-F., 7/6-7/10 1:00-3:30 PM (5 classes) Res \$140, Non-Res \$150
Code: 325215-C M.-F., 7/13-7/17 1:00-3:30 PM (5 classes) Res \$140, Non-Res \$150
Code: 325215-D M.-F., 7/20-7/24 1:00-3:30 PM (5 classes) Res \$140, Non-Res \$150

Wee Nature Explorers

Ages: 3-4 years
Come explore all the hidden wonders of the White Brook Nature Area. There are many different activities including nature hikes, bug catching, crafts and a whole lot more. Each week explores a different topic: pond life, birds and plants, mammals and bugs! Snack provided. Sneakers required. White t-shirt for nature prints. We will have tons of fun!

Instructors: Karen Barriault & Staff
Location: White Brook Nature Area
Dates:
Code: 315215-A M.-F., 6/29-7/3 9:30-11:30 AM (5 classes) Res \$125, Non-Res \$135
Code: 315215-B M.-F., 7/6-7/10 9:30-11:30 AM (5 classes) Res \$125, Non-Res \$135
Code: 315215-C M.-F., 7/13-7/17 9:30-11:30 AM (5 classes) Res \$125, Non-Res \$135
Code: 315215-D M.-F., 7/20-7/24 9:30-11:30 AM (5 classes) Res \$125, Non-Res \$135

PRESCHOOL

Register early to avoid program cancellation due to low enrollment.

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.**

Baby Blades

Ages: 2-6 years
Introduce your baby to the ice! This program is designed to get young children excited about being on the ice in a comfortable setting. Introduce your child to skating in a FUN way! The classes focus on gently acquainting young children with the ice, developing coordination in a creative and playful environment. Skaters should dress warmly and a helmet is required to skate. Parents & chaperones: An additional \$22 fee for USFS LTS. Skate rental for additional fee \$4/each, \$24/6 weeks.

Instructor: Pamela Warren
Location: Paul Louis Ice Arena, 1 Boys Club Place, Rochester
Dates: **Code: 135824-AA**** Sun., 4/12-5/17 12:00-12:50 PM (6 classes) Res \$180, Non-Res \$190
Code: 235824-A Sun., 5/24-6/21 12:00-12:50 PM (5 classes) Res \$150, Non-Res \$160
**** Registration is already open for this section.**

Broadway Babies – Cinderella

Ages: 4-7 years
Attention all princesses and princes! Come join us for our exciting new "Fairytale Theatre" class. Kids will have a wonderful time bringing Cinderella 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: 225232-A** M. & W., 4/27-5/20 5:00-5:30 PM (M.) & 2:00-4:00 PM (W.) (8 classes) Res \$75, Non-Res \$83

This program was in Winter Brochure, so registration is already open.

Dance With Me

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

Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 215898-A** Tu., 4/28-5/26 4:30-5:00 PM (5 classes) Res \$60, Non-Res \$66
Code: 215898-B Sat., 5/2-5/30 9:00-9:30 AM (5 classes) Res \$60, Non-Res \$66

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: 215803-A** Tu., 4/14-4/28 9:30-10:15 AM (3 classes) Res \$27, Non-Res \$30
Code: 215803-B Tu., 5/19-6/2 9:30-10:15 AM (3 classes) Res \$27, Non-Res \$30
Code: 215803-C Tu., 6/9-6/23 9:30-10:15 AM (3 classes) Res \$27, Non-Res \$30

Isshin Ryu Karate Junior Beginners

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

Instructors: Renshi Ann Peck & Sensei Wally Peck
Location: PCC
Dates: **Code: 225808-E** M., 4/13-6/22 (ex. 5/25) 4:30-5:15 PM (10 classes) Res \$120, Non-Res \$130

Kangaroo Kids

Ages: 22 months-4 years (adult participation required)
Jump and climb over the mat-mountains, go under the parachute and through the tunnels! Use that energy for coordination and strength by tumbling, climbing and jumping! Structured and free play time that is perfect for girls and boys alike! Taught by safety-certified USA Gymnastics teacher, Coach Mary.

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 211837-A** F., 4/17-5/8 5:45-6:15 PM (4 classes) Res \$69, Non-Res \$76
Code: 211837-B F., 4/17-5/8 6:15-6:45 PM (4 classes) Res \$69, Non-Res \$76
Code: 211837-C F., 5/15-6/12 (ex. 5/22) 5:45-6:15 PM (4 classes) Res \$69, Non-Res \$76
Code: 211837-D F., 5/15-6/12 (ex. 5/22) 6:15-6:45 PM (4 classes) Res \$69, Non-Res \$76

Lil Athletes with Coach Lisa

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

Instructor: Lisa Magliato
Location: PCC
Dates: **Code: 211819-A** M., 4/13-5/11 1:30-2:15 PM (5 classes) Res \$95, Non-Res \$105

Register Online Using Our WebTrac System

See Page 9

<https://webtrac.perinton.org>

**NEW!! Little Hands, Little Bakers:
"Blueberry Muffins!"**

Ages: 3-7 years (adult participation required)
Let's bake some yummy blueberry muffins together and leave the cleanup to me! While our muffins bake, we will read the story *It's Blueberry Picking Time!* Then we'll ice our muffins with a cinnamon frosting and top with fresh blueberries. You'll enjoy making a cute Father's Day craft that makes a great gift for Dad or Grandpa. Party favor included.

Instructor: Ginny Schenker
Location: PCC
Date: **Code: 221820-B** Sat., 6/6 12:30-1:30 PM (1 class)
Res \$25, Non-Res \$28

**Little Hands, Little Bakers:
"Pinkalicious Cupcakes!"**

Ages: 3-7 years (adult participation required)
Do you love cupcakes and the color pink? This is the class for you! As our cupcakes bake, we will read the story *Pinkalicious* and decorate our own crowns and magical wands! All supplies included. Children will decorate a Pinkalicious cupcake to take home! An adult must accompany each child. 2 children=2 adults.

Instructor: Ginny Schenker
Location: PCC
Date: **Code: 221820-A** Sat., 5/30 12:30-1:30 PM (1 class)
Res \$25, Non-Res \$28

NEW!! Little Learners and Me

Ages: 2-5 years (adult participation required)
Join Miss Chelsea for Little Learners and Me - a fun, hands-on preschool class for ages 2-5. Each week, we'll explore a new theme through circle time, stories, songs and movement, early math and literacy activities, crafts and sensory fun. This parent child class encourages learning through play, builds school readiness skills and gives families special bonding time together.

Instructor: Chelsea Goly
Location: PCC
Dates: **Code: 218811-A** W., 4/15-5/6 5:45-6:30 PM (4 classes)
Res \$60, Non-Res \$66
Code: 218811-B W., 4/15-5/6 6:45-7:30 PM (4 classes)
Res \$60, Non-Res \$66
Code: 218811-C Sat., 4/18-5/9 9:30-10:15 AM (4 classes)
Res \$60, Non-Res \$66
Code: 218811-D Sat., 4/18-5/9 10:30-11:15 AM (4 classes)
Res \$60, Non-Res \$66

Parent Night Out

Ages: 3-12 years
Looking for a fun night out? Our Parent Night Out events are the perfect one-evening getaway for children ages 3-12, filled with dancing, themed activities, and movie fun! Everyone is welcome to come and have a blast with us! Events include: Movie viewing on our big projector, dance party with music from the movie or theme, games and obstacle course, popcorn and water provided (additional snacks and drinks welcome!). Kids can even bring their favorite sleeping bag, pillow or blanket to get cozy during the movie.

Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 224875-A** Sat., 4/18 5:30-7:30 PM (1 class)
Res \$25, Non-Res \$28
Code: 224875-B Sat., 5/9 5:30-7:30 PM (1 class)
Res \$25, Non-Res \$28

Pint Sized Picassos

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

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 212822-A** W., 4/15-4/29 10:00-10:45 AM (3 classes)
Res \$30, Non-Res \$33
Code: 212822-B W., 5/20-6/3 10:00-10:45 AM (3 classes)
Res \$30, Non-Res \$33
Code: 212822-C W., 6/10-6/24 10:00-10:45 AM (3 classes)
Res \$30, Non-Res \$33
Code: 212822-D W., 4/15-4/29 5:45-6:30 PM (3 classes)
Res \$30, Non-Res \$33
Code: 212822-E W., 5/20-6/3 5:45-6:30 PM (3 classes)
Res \$30, Non-Res \$33

Pre-Ballet and Tap

Ages: 3-4 years
Running and skipping and twirling and jumping! Children will have fun learning basic ballet and tap steps, and building coordination, musicality and creativity. We use lots of props and dance to a variety of styles of music. Girls wear leotards and pull hair out of the face, boys wear t-shirts, gym shorts or sweat pants. Ballet and tap shoes required.

Instructor: Vanessa Watters
Location: PCC
Dates: **Code: 216815-A** M., 4/13-6/8 (ex. 5/25) 3:00-3:45 PM (8 classes)
Res \$80, Non-Res \$88

Preschool Adventures

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

Instructor: Sherry Murray
Location: PCC
Dates: **Space, Are You My Mother?, Water Science, Pete's A Pizza**
Code: 228828-A M., 4/13-5/4 10:00-11:00 AM (4 classes)
Res \$62, Non-Res \$68
Bugs, Opposites, Celebrate the USA, Bubbles
Code: 228828-B M., 5/11-6/8 (ex. 5/25) 10:00-11:00 AM (4 classes)
Res \$62, Non-Res \$68

**NEW!! Preschool Adventures:
Kitchen Fun**

Ages: 2-6 years (adult participation required)
We'll listen to the story *How Are You Peeling?*, create a sand art centerpiece, a candle holder and a chef's hat. We will explore play food, match cookies and end with a great game of Hot Potato!

Instructor: Sherry Murray
Location: PCC
Date: **Code: 228828-C** M., 6/15 10:00-11:00 AM (1 class)
Res \$18, Non-Res \$20

PRESCHOOL

Preschool Adventures: Summer Smash

Ages: 2-6 years (adult participation required)
Let's beat the heat by making our own ice cream! We'll also listen to a story, go "fishing," create our own sandcastles and rotate through other "beachy" crafts and activities.

Instructor: Sherry Murray
Location: PCC
Date: **Code: 228828-D** M., 6/22 10:00-11:00 AM (1 class)
Res \$20, Non-Res \$22

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: 215811-A** Th., 4/16-4/30 9:30-10:30 AM (3 classes)
Res \$33, Non-Res \$36
Code: 215811-B Th., 5/21-6/4 9:30-10:30 AM (3 classes)
Res \$33, Non-Res \$36
Code: 215811-C Th., 6/11-6/25 9:30-10:30 AM (3 classes)
Res \$33, Non-Res \$36

Spring Trainers

Ages: 2-4 years (adult participation required)
Two distinct sessions! First: Multi sports fun with basketball, volleyball and indoor soccer for improved coordination and fast-paced fun with lots of friends! Second: Run the basics and learn catching and throwing for t-ball! Weather depending, we will dribble outside for a fun game or two of outdoor soccer!

Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 211831-A** Th., 4/16-5/7 5:30-6:05 PM (4 classes)
Res \$69, Non-Res \$76
Code: 211831-B Th., 5/14-6/11 (ex. 5/21) 5:30-6:05 PM (4 classes) Res \$69, Non-Res \$76

NEW!! Teeny Tiny Artists: "Alphabet Art!"

Ages: 3-5 years (adult participation required)
A new art program that's fun and relaxed where your little one can reinforce their knowledge of the alphabet and letter sounds through our art creations stations! Artists will enjoy developing their fine motor skills such as painting, cutting and pasting while fostering their creativity and imagination with a love and curiosity for reading! We will start and end class with a mini circle time with themed storybooks!

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 212901-C** F., 5/29 10:00-11:00 AM (1 class)
Res \$20, Non-Res \$22
Code: 212901-CC Sat., 5/30 10:00-11:00 AM (1 class)
Res \$20, Non-Res \$22

NEW!! Teeny Tiny Artists: "Exploring Backyard Birds!"

Ages: 2-4 years (adult participation required)
Come explore the world of birds in your backyard! You'll love this class where we will paint a miniature wooden birdhouse, explore painting with crafting feathers, make paper binoculars for bird watching and design and name your own bird puppet! We will end class with a mini circle time of stories and songs!
2 children=2 adults.

Instructor: Ginny Schenker
Location: PCC
Date: **Code: 212901-A** Sat., 4/18 10:00-11:00 AM (1 class)
Res \$20, Non-Res \$22

NEW!! Teeny Tiny Artists: "Growing From Seed to Flower!"

Ages: 2-4 years (adult participation required)
You'll enjoy going at your own pace to create one large painting including: the parts of the plant, what plants need to grow, and how to care for plants! Each child will be guided step-by-step on how to fill a pot with potting soil to plant and water a flower to take home and a "grow a bean in a window" science experiment kit! We will end class with a mini circle time of songs and read *The Tiny Seed* by Eric Carle. 2 children=2 adults.

Instructor: Ginny Schenker
Location: PCC
Dates: **Code: 212901-D** F., 6/5 10:00-11:00 AM (1 class)
Res \$25, Non-Res \$28
Code: 212901-DD Sat., 6/6 10:00-11:00 AM (1 class)
Res \$25, Non-Res \$28

NEW!! Teeny Tiny Artists: "Make a Gift for Mom!"

Ages: 2-4 years (adult participation required)
Let's make a few keepsake crafts your mom will love for years to come! In this class, you can count on a few surprises along the way to help your mom have a special day! We will end class with a mini circle time of Mother's Day stories and songs. 2 children=2 adults.

Instructor: Ginny Schenker
Location: PCC
Date: **Code: 212901-B** Sat., 5/2 10:00-11:00 AM (1 class)
Res \$20, Non-Res \$22



**3% Credit Card fee
applies to
all transactions**



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: 215820-A** Tu., 4/14-4/28 10:30-11:15 AM (3 classes) Res \$27, Non-Res \$30
Code: 215820-B Tu., 5/19-6/2 10:30-11:15 AM (3 classes) Res \$27, Non-Res \$30
Code: 215820-C Tu., 6/9-6/23 10:30-11:15 AM (3 classes) Res \$27, Non-Res \$30

Tiny Trotters

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

Instructors: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 225752-A** Tu., 4/21-5/5 3:30-4:00 PM (3 classes) Res \$150, Non-Res \$160
Code: 225752-B Tu., 5/12-5/26 3:30-4:00 PM (3 classes) Res \$150, Non-Res \$160
Code: 225752-C Tu., 6/2-6/23 3:30-4:00 PM (4 classes) Res \$200, Non-Res \$210
Code: 225752-D F., 6/5-6/26 3:30-4:00 PM (4 classes) Res \$200, Non-Res \$210

Tots Hip Hop and Tumble

Ages: 3-6 years
 This upbeat combo class introduces dancers to the fun of hip hop and beginner tumbling! Kids will groove to age-appropriate music, learn basic hip hop moves, and practice simple acro skills like rolls and bridges - all in a playful, energetic setting that builds confidence, coordination and creativity.

Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 215914-A** F., 5/1-5/29 4:30-5:30 PM (5 classes) Res \$85, Non-Res \$94

Tots Tap and Ballet

Ages: 3-6 years
 This class introduces little dancers to the joyful basics of tap and ballet, helping them build confidence, coordination, and a strong foundation in technique - all while having fun and learning the value of discipline in a supportive environment.

Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 226865-A** F., 5/1-5/29 5:30-6:30 PM (5 classes) Res \$80, Non-Res \$88

Tots Tumble

Ages: 3-6 years
 This fun, active class introduces little ones to basic tumbling skills like rolls, balances, bridges, cartwheels and beginner stretches. Designed to build strength, coordination, and confidence, Tots Tumble uses playful movement and games to keep kids engaged while learning safe acro foundations. A great way to burn energy and boost motor skills in a supportive environment!

Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 215910-A** Tu., 4/28-5/26 5:00-5:30 PM (5 classes) Res \$60, Non-Res \$66
Code: 215910-B W., 4/29-5/27 5:30-6:00 PM (5 classes) Res \$60, Non-Res \$66
Code: 215910-C Sat., 5/2-5/30 10:00-10:30 AM (5 classes) Res \$60, Non-Res \$66



YOUTH AND TEEN

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

Register early to avoid program cancellation due to low enrollment.

Acting

Instructor: Bravo! Creative Arts, Ed Rocha
 Bravo! Creative Arts theatre programming is run in partnership with the Penfield, Perinton and Pittsford Recreation departments. Program fees cover rehearsals at all three participating Community Centers. The Penfield Community Center is located at 1985 Baird Road, Penfield
 The Perinton Community Center (PCC) is located at 1350 Turk Hill Road, Fairport
 The Penfield Community Center is located at 35 Lincoln Avenue, Pittsford

Olympus: The Greek Rock Musical

Ages: 7-14 years
Olympus is a laugh-out-loud rock musical where ancient myths meet modern mischief! The Greek gods, tired of their immortal routines, spark a competition to meddle with mortals and prove who's the greatest Greek god of all time. When a group of modern-day cousins set off on a hike to "Olympus Overlook," they have no idea they're about to be tested by the ancient deities. With catchy songs, heartfelt moments, and plenty of laughs, *Olympus* is a mythic adventure about family, connection and discovering that the real view from the top is the one you share together.

Location: PCC, Pittsford Community Center & Penfield Community Center
Dates: **Code: 225232-C** Res \$250, Non-Res \$260
 Sat., 4/11-5/30 12:00-1:30 PM (Pittsford)
 Sun., 4/12-5/31 12:00-2:00 PM (Penfield)
 F., 5/1-6/12 5:00-6:30 PM (PCC)
 Tu., 6/2-6/16 5:00-7:00 PM (Penfield)
 Th., 6/4-6/18 5:00-7:00 PM (Penfield)
 M., 6/15 5:00-7:00 PM (Penfield)
Performances: F., 6/19 6:00 PM & Sat., 6/20 2:00 PM (Penfield)

This program was in Winter Brochure, so registration is already open.

Press Start

Ages: 5-11 years
Press Start transports us inside the bright, pixelated world of video games! When the famous characters we know and love run out of lives, they decide to put on a musical fundraiser that will help them raise gold rings and play on. Through hilarious and heartfelt musical numbers, we see the heroes, villains and sidekicks like we've never seen them before. But when things go terribly awry, it's the quiet sidekick Little Mushroom who must find the hero within to save the day!

Location: PCC, Pittsford Community Center & Penfield Community Center
Dates: **Code: 225232-B** Res \$250, Non-Res \$260
 Sat., 4/11-5/30 11:00 AM-12:00 PM (Pittsford)
 W., 4/29-5/27 5:30-6:30 PM (PCC)
 M., 6/1-6/8 5:30-6:30 PM (Penfield)
 W., 6/3-6/10 5:30-6:30 PM (Penfield)
 Sat., 6/13 4:00-6:00 PM (Penfield)
Performance: Sat., 6/13 6:00 PM (Penfield)

This program was in Winter Brochure, so registration is already open.

The Addams Family

Ages: 11-18 years
The Addams Family, a comical feast that embraces the wackiness in every family, features an original story and a dilemma that's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family - a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before: keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

Location: PCC & Penfield Community Center
Dates: **Code: 325232-G** Res \$250, Non-Res \$260
 W., 7/1-8/26 5:30-7:30 PM (PCC)
 W., 9/2-9/23 6:00-8:00 PM (Penfield)
 M., 9/14-9/21 6:00-8:00 PM (Penfield)
 F., 9/4-9/25 6:00-8:00 PM (Penfield)
Performances: Sat., 9/26 2:00 PM & 7:00 PM & Sun., 9/27 4:00 PM (Penfield)

This program was in Winter Brochure, so registration is already open.

The Lightning Thief: The Percy Jackson Musical

Ages: 11-18 years
 As the half-blood son of a Greek god, Percy Jackson has newly-discovered powers he can't control, a destiny he doesn't want, and a mythology textbook's worth of monsters on his trail. When Zeus's master lightning bolt is stolen and Percy becomes the prime suspect, he has to find and return the bolt to prove his innocence and prevent a war between the gods. But to succeed on his quest, Percy will have to do more than catch the thief. He must travel to the Underworld and back; solve the riddle of the Oracle, which warns him of betrayal by a friend; and come to terms with the father who abandoned him.

Location: PCC, Pittsford Community Center & Penfield Community Center
Dates: **Code: 225232-D** Res \$250, Non-Res \$260
 Sat., 4/11-5/30 1:30-3:00 PM (Pittsford)
 Sun., 4/12-5/31 2:00-4:00 PM (Penfield)
 F., 5/1-6/12 6:30-8:00 PM (PCC)
 Tu., 6/2-6/16 6:00-8:00 PM (Penfield)
 Th., 6/4-6/18 6:00-8:00 PM (Penfield)
 M., 6/15 6:00-8:00 PM (Penfield)
Performances: F., 6/19 8:00 PM & Sat., 6/20 6:00 PM (Penfield)

This program was in Winter Brochure, so registration is already open.

Improv

Ages: 8-14 years
 This class provides a fun and supportive environment for students to learn the basics of improvisational acting, storytelling, and stagecraft. Help your child unlock their creative voice, learn to work collaboratively with others, and build new friendships. With an emphasis on positivity, students learn the skills of public speaking, accepting and celebrating mistakes, making bold choices and trusting their instinct, being a team player, thinking quicker on their feet, active listening, and more! The class culminates in an open class for friends and family to attend. No experience required. This class can be taken multiple times.

Location: PCC
Dates: **Code: 225232-F** M., 4/27-5/18 5:30-6:30 PM (4 classes) Res \$100, Non-Res \$110
Code: 225232-FF W., 4/29-5/20 6:30-7:30 PM (4 classes) Res \$100, Non-Res \$110

Aspire

Ages: 6-18 years
 Join Aspire and take your skating to the next level! Put your skater on the track to success with the Aspire program. Aspire is a bridge program for LTS USA to advanced figure skating classes. Classes are designed to help each skater meet his or her individual skating goals, while introducing them to advanced figure skating training. An additional \$22 fee must be paid for USFS LTS insurance coverage. Skate rental for additional fee \$4/each, \$24/6 weeks.

Instructor: Pamela Warren
Location: Paul Louis Ice Arena, 1 Boys Club Place, Rochester
Dates: **Code: 135836-B**** Sun., 4/12-5/17 12:00-12:50 PM (6 classes) Res \$180, Non-Res \$190
Code: 235836-A Sun., 5/24-6/21 12:00-12:50 PM (5 classes) Res \$150, Non-Res \$160
**** Registration is already open for this section.**

Ballet I

Ages: 7-9 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: 225852-A** M., 4/13-6/8 (ex. 5/25) 4:30-5:15 PM (8 classes) Res \$80, Non-Res \$88

Beginning Ballet and Tap

Ages: 5-6 years
 With the combination of ballet technique, plus the fun of creative movement, children develop coordination, musicality, flexibility and good body alignment, and they strengthen their imaginations and creativity. Add the rhythmic reinforcement of tap dancing and it's definitely fun! Wear leotards and tights and pull hair out of the face. Ballet and tap shoes required and dance skirts are allowed.

Instructor: Vanessa Watters
Location: PCC
Dates: **Code: 225854-A** M., 4/13-6/8 (ex. 5/25) 3:45-4:30 PM (8 classes) Res \$80, Non-Res \$88

Children's Fun Spanish

Ages: 6-11 years
 Unlock your child's potential with Spanish! Research shows the brain benefits of learning a second language. A playful and educational Spanish course designed for kids! Taught by a native Spanish speaker, each 5-class series features weekly themed activities that make learning fun. Kids build vocabulary, practice basic conversation, and strengthen their brains through language. The final class wraps up with a lively Hispanic-themed celebration! Every class comes with different themes.

Instructor: Lourdes de la Colina-Scolfield
Location: PCC
Dates: **Code: 222875-A** Th., 4/16-5/21 (ex. 4/30) 4:00-4:45 PM (5 classes) Res \$120, Non-Res \$130
Code: 222875-B Th., 5/28-6/25 4:00-4:45 PM (5 classes) Res \$120, Non-Res \$130

FITKids

Ages: 6-7 years
 Calling all Mini Musketeers: come play pirate and other fun games in this safe introduction to the sport of fencing. Start with warm up, obstacle courses, and skill building activities to develop focus, agility, balance and eye/hand coordination. Games are used to teach the basic footwork and arm action. Due to USA Fencing regulations, please bring \$10 to register with them at the first class.

Instructors: Rochester Fencing Club Staff
Location: 3335 Brighton Henrietta Town Line Road, Rochester
Dates: **Code: 221835-A** W., 5/6-5/27 4:00-4:45 PM (4 classes) Res \$65, Non-Res \$72
Code: 221835-B W., 6/3-6/24 4:00-4:45 PM (4 classes) Res \$65, Non-Res \$72

Foundry Fundays

Ages: 6-11 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 different, fantastic robot project which kids get to build, decorate and take home for more fun.

Instructors: Brooklyn Robot Foundry Staff
Location: PCC
Date: **Code: 222709-A** F., 6/19 9:00 AM-3:00 PM (1 class) Res \$95, Non-Res \$105

NEW!! 4-Week Intro to Athletic Training Program

Ages: 7-11 years
 Our Youth Introduction to Athletic Training Program introduces children to exercise in a fun, motivating team environment. Athletes build core strength, balance, coordination, agility and speed while improving neural movement patterns and technique. The program promotes focus, teamwork, and positive energy, laying the groundwork for lifelong athletic development and healthy, confident movement habits.

Instructors: D1 Training Fairport
Location: D1 Training Fairport, 25 Parce Avenue, Suite 115
Dates: **Code: 225947-A** M. & W., 4/13-5/6 4:30-5:30 PM (8 classes) Res \$200, Non-Res \$210
Code: 225947-B Tu. & Th., 4/14-5/7 4:30-5:30 PM (8 classes) Res \$200, Non-Res \$210
Code: 225947-C M. & W., 5/18-6/10 4:30-5:30 PM (8 classes) Res \$200, Non-Res \$210
Code: 225947-D Tu. & Th., 5/19-6/11 4:30-5:30 PM (8 classes) Res \$200, Non-Res \$210

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, and much more. A one-time registration per school year (September 2025-June 2026) 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.
Not available on WebTrac.

YOUTH AND TEEN

Gymnastics & Parkour Jumpers

Ages: 4 1/2-9 years
Energetic gymnastics skills for a limited-size group using beams, mats, floor bars, and mini-tramp vaulting. Build a solid tumbling foundation on each child's strengths with new skills added in each of the sessions! Whole-body strength, balance and coordination, offering cross-over fundamentals and empowerment for many sports! Parkour tricks will be added based on student's abilities.

Instructor: Mary Slaughter
Location: PCC

Dates: **Code: 235827-A** F., 4/17-5/8 4:20-5:00 PM (4 classes) Res \$69, Non-Res \$76
Code: 235827-B F., 4/17-5/8 5:00-5:40 PM (4 classes) Res \$69, Non-Res \$76
Code: 235827-C F., 5/15-6/12 (ex. 5/22) 4:20-5:00 PM (4 classes) Res \$69, Non-Res \$76
Code: 235827-D F., 5/15-6/12 (ex. 5/22) 5:00-5:40 PM (4 classes) Res \$69, Non-Res \$76

Home Alone Safety

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

Instructor: Jerry Bennett
Location: PCC

Dates: **Code: 235809-A** W., 4/29 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22
Code: 235809-B W., 5/27 4:00-6:00 PM (1 class) Res \$20, Non-Res \$22

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: 245821-A** Th., 4/23-6/25 7:00-8:00 PM (10 classes) Res \$100, Non-Res \$110

Intermediate Skateboarding at Perinton Park

Ages: 8-13 years
Take your skills to the next level with our intermediate skateboarding class! Learn new tricks and skills from experienced instructors. Participants must have taken at least one Skateboarding Basics class within the last year to enroll in this program. Make up date for this class will be on 5/17 in the event a class is cancelled due to inclement weather.

Instructors: Paul Phillips & Dave Schmidt
Location: Perinton Park Skate Park

Dates: **Code: 245908-B** Sun., 4/12-5/3 10:15-11:15 AM (4 classes) Res \$45, Non-Res \$50

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 riding. Some classes may include grooming, how to tack up and how to properly cool out the horse after riding. All parents are invited to come and watch!

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

Dates: **Code: 235752-A** W., 4/22-5/6 4:00-5:00 PM (3 classes) Res \$180, Non-Res \$190
Code: 235752-B W., 5/13-5/27 4:00-5:00 PM (3 classes) Res \$180, Non-Res \$190
Code: 235752-C W., 6/3-6/24 4:00-5:00 PM (4 classes) Res \$240, Non-Res \$250
Code: 235752-D F., 6/5-6/26 4:00-5:00 PM (4 classes) Res \$240, Non-Res \$250

Isshin Ryu Karate Junior Beginners

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

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

Dates: **Code: 225808-E** M., 4/13-6/22 (ex. 5/25) 4:30-5:15 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: Renshi Ann Peck & Sensei Wally Peck
Location: PCC

Dates: **Code: 225808-A** M., 4/13-6/22 (ex. 5/25) 5:30-6:15 PM (10 classes) Res \$120, Non-Res \$130
Code: 225808-AA W., 4/15-6/24 5:30-6:20 PM (11 classes) Res \$132, Non-Res \$142

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 enjoy 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.

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

Dates: **Code: 225808-B** W., 4/15-6/24 6:30-7:20 PM (11 classes) Res \$132, Non-Res \$142

**3% Credit Card fee
applies to
all transactions**

Isshin Ryu Karate Green Through Black Belt

Ages: 6 years and over
 This is an intermediate to advanced class which in addition to belt requirements for advancement, there is an emphasis on improving sparring skills and advanced self-defense techniques. Ideally students at this level are registered for both the Monday and Wednesday classes.
Instructors: Sensei Wally Peck & Renshi Ann Peck
Location: PCC
Dates: **Code: 225808-BB** M., 4/13-6/22 (ex. 5/25) 7:00-8:00 PM (10 classes) Res \$120, Non-Res \$130

Isshin Ryu Karate Black Belt Class

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.
Instructors: Renshi Ann Peck & Sensei Wally Peck
Location: PCC
Dates: **Code: 225808-C** W., 4/15-6/24 6:30-8:00 PM (11 classes) Res \$132, Non-Res \$142

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: 245921-A** M., 4/13-6/22 (ex. 5/25) 7:00-8:00 PM (10 classes) Res \$120, Non-Res \$130

Kids Beginner Jazz

Ages: 4-8 years
 This fun jazz dance class introduces kids to basic jazz movements, coordination, expression and musicality. Through warm-ups, simple choreography, and creative exercises, kids develop physical and artistic skills. The class promotes confidence, creativity and joy, making dance and language learning exciting.
Instructor: Sol del Carpio
Location: PCC
Dates: **Code: 216800-A** Sat., 4/18-6/27 11:00 AM-12:00 PM (11 classes) Res \$121, Non-Res \$131

Learn to Skate

Ages: 6-12 years
 Class is based on the highly successful basic skills program developed by Learn to Skate USA. The beginning ice-skating program is fun, challenging and rewarding class and serves the needs of the recreational and aspiring competitive figure skater and a strong foundation for hockey players. An additional \$22 fee for USFS LTS registration. Skate rental for additional fee \$4/each, \$24/6 weeks
Instructor: Pamela Warren
Location: Paul Louis Ice Arena, 1 Boys Club Place, Rochester
Dates: **Code: 135824-BB**** Sun., 4/12-5/17 12:00-12:50 PM (6 classes) Res \$180, Non-Res \$190
Code: 235824-B Sun., 5/24-6/21 12:00-12:50 PM (5 classes) Res \$150, Non-Res \$160
**** Registration is already open for this section.**

Parent Night Out

Ages: 3-12 years
 Looking for a fun night out? Our Parent Night Out events are the perfect one-evening getaway for children ages 3-12, filled with dancing, themed activities, and movie fun! Everyone is welcome to come and have a blast with us! Events include: Movie viewing on our big projector, dance party with music from the movie or theme, games and obstacle course, popcorn and water provided (additional snacks and drinks welcome!). Kids can even bring their favorite sleeping bag, pillow or blanket to get cozy during the movie.
Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 224875-A** Sat., 4/18 5:30-7:30 PM (1 class) Res \$25, Non-Res \$28
Code: 224875-B Sat., 5/9 5:30-7:30 PM (1 class) Res \$25, Non-Res \$28

Pom Dance Team Technique and Choreography

Ages: 10-15 years
 Studio East Dance Company is excited to offer an incredible opportunity for dancers and cheerleaders! Join us for a special class focused on dance team-style technique and high-energy pom choreography, led by Miss Alaina, a two-time former captain of the Nazareth University Dance Team. Whether you're looking to sharpen your skills, prepare for dance team tryouts, or just try something new and fun - this class is for you!
Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 224874-A** F., 5/1-5/29 6:30-7:30 PM (5 classes) Res \$100, Non-Res \$110

NEW!! Running Club Double Time

Ages: 5-10 years
 Two distinct sessions! First: Try out Track & Field jumping, javelin and fun racing events! Second: Improve running techniques and outdoor hill-running and resistance parachutes! Empowering for girls and boys with lots of laughs too with Coach Mary!
Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 224866-A** Th., 4/16-5/7 4:45-5:30 PM (4 classes) Res \$69, Non-Res \$76
Code: 224866-B Th., 5/14-6/11 (ex. 5/21) 4:45-5:30 PM (4 classes) Res \$69, Non-Res \$76

Running Club Jr.

Ages: 4-7 years
 Run for fun and run for sports! Come and learn how to run with proper technique for safety, speed and agility! These sessions offer Track & Field events plus obstacle courses and weather-permitting, outdoor running! A great intro to "Running Club" for kids just like you!
Instructor: Mary Slaughter
Location: PCC
Dates: **Code: 224871-A** Th., 4/16-5/7 4:15-4:45 PM (4 classes) Res \$59, Non-Res \$65
Code: 224871-B Th., 5/14-6/11 (ex. 5/21) 4:15-4:45 PM (4 classes) Res \$59, Non-Res \$65

Register Online Using Our WebTrac System
See Page 9
<https://webtrac.perinton.org>

YOUTH AND TEEN

Safety First for Children and Basic First Aid for Children

Ages: 7-13 years
Home alone safety including answering the phone, door, stranger danger, internet safety and more! Basic First Aid for Children will equip children with First Aid skills such as putting on and taking off gloves, breathing emergencies, and severe injury emergencies. Materials will be handed out and certificates will be issued upon completion.

Instructor: Ready to Respond, LLC
Location: PCC
Dates: **Code: 225231-A** Sat., 5/9 9:00 AM-12:30 PM (1 class) Res \$85, Non-Res \$94
Code: 225231-B Sat., 6/27 9:00 AM-12:30 PM (1 class) Res \$85, Non-Res \$94

Skateboarding Basics at Perinton Park

Ages: 8-13 years
Always wanted to try skateboarding but were too intimidated to just go and get out there? Learn this basics here to get you started on the right (or left) foot! Info on proper gear for you, learning your instance, help with balance, taking the first push and more will be provided. Make up date for this class will be on 5/17 in the event a class is cancelled due to inclement weather.

Instructors: Paul Phillips & Dave Schmidt
Location: Perinton Park Skate Park
Dates: **Code: 245908-A** Sun., 4/12-5/3 9:00-10:00 AM (4 classes) Res \$45, Non-Res \$50

Slave Experience and the 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: 245260-A** M., 6/1 6:30-8:30 PM (1 class) Res \$5, Non-Res \$6

TAEKWONDO

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 and art of Taekwondo.

Instructors: Rochester Taekwondo Club
Location: PCC
Dates: **Code: 245847-G** Th., 4/16-6/25 5:45-6:20 PM (11 classes) Res \$85, Non-Res \$94

Family Taekwondo

Ages: 8 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 training environment. www.taekwondoclub.org.

Instructors: Rochester Taekwondo Club
Location: PCC
Dates: **Code: 245847-A** Th. & Sat., 4/16-6/27 6:30-7:30 PM (Th.) & 9:15-10:00 AM (Sat.) (22 classes) Res \$105, Non-Res \$115

Advanced Taekwondo - Blue Belt Up

Ages: 8 years and over
Taekwondo students blue belt and above welcomed to enhance skills 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: 245847-D** Th. & Sat., 4/16-6/27 6:30-7:30 PM (Th.) & 10:00-10:45 AM (Sat.) (22 classes) Res \$105, Non-Res \$115

Western Riding for All Ages

Ages: 7-70 years
Taught by a certified Western Trainer, this program is great for anyone who would like to learn how to ride a gentle western trained horse. You will learn basic western maneuvers, correct body position, and neck reining at a walk and a trot.

Instructors: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 225911-A** W., 4/22-5/6 7:00-8:00 PM (3 classes) Res \$180, Non-Res \$190
Code: 225911-B W., 5/13-5/27 7:00-8:00 PM (3 classes) Res \$180, Non-Res \$190
Code: 225911-C W., 6/3-6/24 7:00-8:00 PM (4 classes) Res \$240, Non-Res \$250

Youth Activity Nights

Grades: 6-8 years
Join us for select activities throughout the Spring! Students will have the ability to use the Perinton Community Center as a place to socialize, make friends and play games. Our youth team supervises all programs, so parents can have some free time. All participants will need to be picked up and dropped off at the locations listed. Food served in the program are not allergy, or diet restriction sensitive. All programs have a registration **DEADLINE** a week prior to the event (ex. Splash Party 4/24, registration deadline 4/17), 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.gov with your idea!

Splash Party

Location: PCC
Date: **Code: 236105-A** F., 4/24 6:00-8:00 PM Res \$10, Non-Res \$11

Basketball Knockout Tournament

Location: PCC
Date: **Code: 236105-B** F., 5/15 6:00-8:00 PM Res \$10, Non-Res \$11

Dodgeball Tournament

Location: PCC
Date: **Code: 236105-C** F., 6/12 6:00-8:00 PM Res \$10, Non-Res \$11

**Register Online Using
Our WebTrac System
See Page 9
<https://webtrac.perinton.org>**

Youth and Teen Arts & Crafts and Cooking

3% Credit Card fee applies to all transactions

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

Instructors: Finger Lakes Wood Turners
Location: Finger Lakes Wood Turners Shop, St. Michael's Woodshop, 691 St. Paul Street, Rochester
Date: **Code: 245879-A** Sat., 5/9 9:00 AM-1:00 PM (1 class)
Res \$45, Non-Res \$50

Cartooning and Comic Book Class

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

Instructor: Brian Petty
Location: PCC
Dates: **Code: 222870-A** W., 4/15-5/6 4:30-5:30 PM (4 classes)
Res \$48, Non-Res \$53
Code: 222870-B W., 5/20-6/10 4:30-5:30 PM (4 classes)
Res \$48, Non-Res \$53

NEW!! *Crochet Piper the Penguin*

Ages: 12 years and over
Who is black and white and cute all over? Piper the Penguin! Come and learn how to crochet this sweet little penguin! She's made of easy shapes and can be crocheted in any colors you want. You will need to know how to single crochet for this class. You can use medium weight for yarn for a 6 inch penguin or chenille yarn for an 11 inch penguin. Complete material list will be emailed 1 week prior to the class.

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 222804-H** M., 6/1-6/22 6:00-7:00 PM (4 classes)
Res \$40, Non-Res \$44

Illustration, Character Design and Story Telling

Ages: 10-14 years
This program is designed for tweens and teens who love to draw, tell stories and meet new friends with similar interests! In this class, we will go over the fundamentals of illustration, story-telling, character design and comic creation through 5 different in-class projects and exercises. If you're the next Walt Disney or Stan Lee, this class is for you!

Instructor: Sally George
Location: PCC
Dates: **Code: 222877-A** Th., 5/28-6/25 5:30-7:00 PM (5 classes)
Res \$150, Non-Res \$160
Code: 222877-B Tu., 4/14-5/12 5:30-7:00 PM (5 classes)
Res \$150, Non-Res \$160

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: 222804-A** M., 4/13-4/27 6:00-7:00 PM (3 classes)
Res \$30, Non-Res \$33

NEW!! *Mother's Day Mommy & Me Flower Crown Workshop*

Ages: 6-99 years
Make Mother's Day extra special with a creative bonding activity! Moms and kids will team up to design their own unique flower crowns using colorful artificial flowers. It's a relaxed, imaginative workshop that's all about fun, connection, and crafting something beautiful together. No experience needed - just bring your smiles!

Instructor: Taylor Spencer
Location: PCC
Dates: **Code: 225830-A** Sat., 5/9 3:00-4:30 PM (1 class) Res \$50, Non-Res \$55
Enroll both mother and child. Price is per family. Not available on WebTrac.

NEW!! *Needles at Noon: Grandma's Favorite Dish Cloth*

Ages: 12 years and over
Are you looking for a great first knitting project? This is the project for you! We'll be knitting the always useful Grandma's Favorite Dish Cloth. We'll make this using only the knit stitch! Please bring size 8 knitting needles and a medium weight cotton yarn to class. Skills required: The knit stitch. Skills learned: How to increase and decrease stitches and how to read knitting patterns.

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 222804-K** Tu., 6/16-6/23 12:00-1:00 PM (2 classes)
Res \$20, Non-Res \$22

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
Dates: **Code: 222804-C** Tu., 5/26-6/9 12:00-1:00 PM (3 classes)
Res \$30, Non-Res \$33

NEW!! *The Art of the Flower Crown*

Ages: 6-99 years
Unleash your creativity in this fun, hands-on workshop designed for anyone ages 6-99! Using a beautiful variety of artificial flowers, you'll learn simple techniques for arranging blooms, choosing colors, and building your very own custom flower crown. No experience is needed - just come ready to create, explore your artistic side, and leave with a one-of-a-kind accessory you can proudly wear home.

Instructor: Taylor Spencer
Location: PCC
Dates: **Code: 252135-A** W., 4/15 6:30-8:00 PM (1 class)
Res \$39, Non-Res \$43
Code: 252135-B W., 4/29 6:30-8:00 PM (1 class)
Res \$39, Non-Res \$43
Code: 252135-C W., 5/20 6:30-8:00 PM (1 class)
Res \$39, Non-Res \$43
Code: 252135-D W., 6/3 6:30-8:00 PM (1 class)
Res \$39, Non-Res \$43
Code: 252135-E F., 6/19 6:00-7:30 PM (1 class)
Res \$39, Non-Res \$43

YOUTH SOCCER & YOUTH TENNIS

Youth Soccer

Grades: K-5, Co-Ed
 This is an instructional soccer program focused on fundamentals and fun! A limited number of youths may participate dependent on coach and field availability. Registration closes on April 15; 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 the QR code, or email Kelly at kattridge@perinton.gov, no later than April 1st. We perform background checks on all our youth sport coaches. As a thank-you for coaching, your child's registration fee is waived.



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.

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

Dates: Begins the week of May 5. 5/5-6/27 (ex. 5/23)
Day & Time: Weeknight practice 6:00-7:00 PM and Saturday game start time between 8:45-11:15 AM.

Location: Center Park East & West Soccer Fields

Fee: Res \$76, Non-Res \$84

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

This program was in Winter Brochure, so registration is already open.



TENNIS

YOUTH TENNIS – ENTRY LEVEL

Ages: 5-17 years
 Try a new sport! This introductory program will feature the basics of tennis in a fun atmosphere! Players will participate in tennis activities and games that build skills and focus on teamwork. Low compression tennis balls will be used so all can have success from the start. No tennis experience is required. Rackets provided or bring your own!

Instructor: Avi Abittan
Location: Perinton Park Tennis Courts
Dates: **5-8 years**
Code: 225225-A M., 4/13-6/22 (ex. TBA) 4:30-5:30 PM (10 classes)
 Res \$160, Non-Res \$170
9-10 years
Code: 225225-B M., 4/13-6/22 (ex. TBA) 5:35-6:35 PM (10 classes)
 Res \$160, Non-Res \$170
11-17 years
Code: 225225-C Th., 4/16-6/25 6:05-7:35 PM (11 classes)
 Res \$250, Non-Res \$260

YOUTH TENNIS – INTERMEDIATE LEVEL

Ages: 9-10 years
 Geared towards players who have grasped the important basics of tennis and are ready to advance their athletic skills by playing matches. Students will have guidance on how to approach the game from a mental perspective, and will be taught techniques to improve their tennis game's performance.

Instructor: Avi Abittan
Location: Perinton Park Tennis Courts
Dates: **Code: 225225-D** Th., 4/16-6/25 4:30-6:30 PM (11 classes)
 Res \$250, Non-Res \$260

Register early to avoid program cancellation due to low enrollment.

In case of inclement weather, please call the golf course one half hour before class time to receive information regarding class cancellation. Make up classes will be held on the same day and time the following week.

Please note that there will be no make up for classes missed because of personal reasons.

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

Junior Golf Camp

Ages: 6-16 years
Each session has 4 classes over a 5-week period with the extra week in case of a rain date. The 9:30-10:30 AM classes are designed for young, beginning golfers. We utilize multiple stations of activity where we are able to integrate agility, balance, throwing and catching, alongside standard golf fundamentals to keep the kids enthused, interested and focused.

Instructors: Eagle Vale Golf Club
Dates: **6-10 years**
Code: 225715-A Sat., 5/9-5/30 9:30-10:30 AM (4 classes)
Res \$159, Non-Res \$169
10-13 years
Code: 225715-B Sat., 5/9-5/30 10:30-11:30 AM (4 classes)
Res \$159, Non-Res \$169
13-16 years
Code: 225715-C Sat., 5/9-5/30 11:30 AM-12:30 PM (4 classes)
Res \$159, Non-Res \$169

Adult Beginner Golf - Intro to Golf

Ages: 18 years and over
This course is designed for true beginner golfers. Our PGA professional instructors will guide you through the fundamentals of golf in an entertaining 4-week course. Easy to follow fundamentals of grip, posture and aim will be a starting point with the swing shape and style introduced at the proper time. The short game, rules and etiquette will be touched on to round out the curriculum.

Instructors: Eagle Vale Golf Club
Dates: **Code: 245790-A** Tu., 4/14-5/5 5:00-6:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245790-B W., 4/15-5/6 5:00-6:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245790-C Th., 4/16-5/7 5:00-6:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245790-D Tu., 5/19-6/9 5:00-6:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245790-E W., 5/20-6/10 5:00-6:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245790-F Th., 5/21-6/11 5:00-6:00 PM (4 classes)
Res \$169, Non-Res \$179

Register Online Using Our WebTrac System

See Page 9

<https://webtrac.perinton.org>

Adult Advanced Golf

Ages: 18 years and over
A natural progression from the "Adult Beginner Golf." This course expands on what you've already learned in the previous course. More in-depth analysis of your golf swing will be the focus along with pre-swing fundamentals and pre-shot routines. Additional time will be spent on putting, short game, rules and proper etiquette. Class will include pitch shots, chip shots and bunker play.

Instructors: Eagle Vale Golf Club
Dates: **Code: 245791-A** Tu., 4/14-5/5 6:00-7:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245791-B W., 4/15-5/6 6:00-7:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245791-C Th., 4/16-5/7 6:00-7:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245791-D Tu., 5/19-6/9 6:00-7:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245791-E W., 5/20-6/10 6:00-7:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245791-F Th., 5/21-6/11 6:00-7:00 PM (4 classes)
Res \$169, Non-Res \$179

Adult Short Game Clinic

Ages: 18 years and over
Emphasis will be on putting, chipping, pitching and bunker play. This is perfect for those who hit the ball relatively well, but then struggle when near the green, often taking multiple strokes and/or putts. The short game is the most overlooked part of the game, with the most impact on your ability to score low. Much of this clinic will take place on the golf course, with our extensive short game area being used.

Instructors: Eagle Vale Golf Club
Dates: **Code: 245792-A** Tu., 4/14-5/5 7:00-8:00 PM (4 classes)
Res \$189, Non-Res \$199
Code: 245792-B W., 4/15-5/6 7:00-8:00 PM (4 classes)
Res \$189, Non-Res \$199
Code: 245792-C Th., 4/16-5/7 7:00-8:00 PM (4 classes)
Res \$189, Non-Res \$199
Code: 245792-D Tu., 5/19-6/9 7:00-8:00 PM (4 classes)
Res \$189, Non-Res \$199
Code: 245792-E W., 5/20-6/10 7:00-8:00 PM (4 classes)
Res \$189, Non-Res \$199
Code: 245792-F Th., 5/21-6/11 7:00-8:00 PM (4 classes)
Res \$189, Non-Res \$199

Ladies Senior Golf Camp

Ages: 55 years and over
Enjoy the camaraderie of your fellow lady golfers in this small group setting. Learn the keys behind hitting your driver further, while freeing up your swing to get the maximum distance on all of your shots. All aspects of your golf game will be worked on, but we still have the emphasis on hitting the ball further.

Instructors: Eagle Vale Golf Club
Dates: **Code: 245794-C** M., 4/20-5/11 3:00-4:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245794-D M., 6/1-6/22 3:00-4:00 PM (4 classes)
Res \$169, Non-Res \$179

Men's Senior Golf Camp

Ages: 55 years and over
Lost a little distance lately? Not as flexible as you once were? Here's a program designed to improve your distance with drills and exercises aimed at increasing your strength and flexibility. Golfers will also work on their full swing, short game and course management skills.

Instructors: Eagle Vale Golf Club
Dates: **Code: 245794-A** M., 4/20-5/11 2:00-3:00 PM (4 classes)
Res \$169, Non-Res \$179
Code: 245794-B M., 6/1-6/22 2:00-3:00 PM (4 classes)
Res \$169, Non-Res \$179

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	\$5.00 <i>\$5.15 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$8.00 <i>\$8.24 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$5.50 <i>\$5.67 credit card price</i>	\$7.75 <i>\$7.98 credit card price</i>	\$8.75 <i>\$9.01 credit card price</i>	\$13.00 <i>\$13.39 credit card price</i>	\$8.75 <i>\$9.01 credit card price</i>
20 Visit	\$49.00 <i>\$50.47 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$80.00 <i>\$82.40 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$56.00 <i>\$57.68 credit card price</i>	\$80.00 <i>\$82.40 credit card price</i>	\$110.00 <i>\$113.30 credit card price</i>	\$170.00 <i>\$175.10 credit card price</i>	\$110.00 <i>\$113.30 credit card price</i>
Monthly	\$30.00 <i>\$30.90 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$58.00 <i>\$59.74 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$39.00 <i>\$40.17 credit card price</i>	\$45.00 <i>\$46.35 credit card price</i>	\$52.00 <i>\$53.56 credit card price</i>	\$80.00 <i>\$82.40 credit card price</i>	\$52.00 <i>\$53.56 credit card price</i>
6 Month	\$150.00 <i>\$154.50 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$290.00 <i>\$298.70 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$185.00 <i>\$190.55 credit card price</i>	\$205.00 <i>\$211.15 credit card price</i>	\$260.00 <i>\$267.80 credit card price</i>	\$375.00 <i>\$386.25 credit card price</i>	\$260.00 <i>\$267.80 credit card price</i>
12 Month	\$265.00 <i>\$272.95 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$484.00 <i>\$508.82 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$320.00 <i>\$329.60 credit card price</i>	\$355.00 <i>\$365.65 credit card price</i>	\$455.00 <i>\$468.65 credit card price</i>	\$375.00 <i>\$695.25 credit card price</i>	\$455.00 <i>\$468.25 credit card price</i>

* 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.gov

Daily Family Pass for Aquatics (Resident Only, up to 4 additional)

2 Adults/2 Children = \$21 (\$21.63 credit card price), \$3.50 (\$3.61 credit card price) each additional child

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

PERINTON AQUATIC CENTER RULES

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

3% Credit Card fee applies to all transactions



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.

Preschool Splash

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

Dates: M., W. & F., 4/13-6/26 8:45-10:45 AM

Fees: Res \$6.00 (1 adult & 1 child), Non-Res \$8.00 (1 adult & 1 child), \$3.50 each additional child (either Res or Non-Res)
 10X Stamp Pass - Res \$50, Non-Res \$72

Not available on WebTrac.

Adaptive Open Swim - Splash & Play

Ages: Open to children with disabilities and their families
 Splash and Play is a drop-in adaptive swim program designed for children with disabilities to enjoy the water in a safe, inclusive, and low pressure environment. This open swim time allows kids and their families to explore the pool at their own pace. No formal swim lessons, no pressure, just fun, freedom and support. Whether your child wants to splash, float, kick or simply enjoy being in the water. This program is a welcoming space for water play and social connections. This program will be in the zero depth area. Adult participation is required.

Dates: W., 4/15-6/24 5:30-7:30 PM

Fees: Res \$6.00 (1 adult & 1 child), Non-Res \$8.00 (1 adult & 1 child), \$3.50 each additional child (either Res or Non-Res)
 10X Stamp Pass - Res \$50, Non-Res \$72

Not available on WebTrac.

Ditch the Vest - Work With a Lifeguard to Pass the Deep End Test

Ages: 6 years and over
 Is your child ready to gain more independence in the pool? Our deep end test is designed to ensure swimmers are confident and capable of swimming on their own. Lifeguards will work with participants to assess and build essential swim skills in a supportive and encouraging manner. Please plan on approximately 15 minutes to complete. This is a great opportunity for kids to take the next step in their swimming journey - and for parents to feel confident knowing the child is safe in deep water. Once they pass, swimmers earn access to the deep end during open swim times.

Dates: Sun., 5/3 12:00-2:00 PM (1 class) Drop In Rates
 Sun., 6/7 12:00-2:00 PM (1 class) Drop In Rates

Not available on WebTrac.

RU4 Scuba - Try Mermaid

Ages: 6 years and over
 Dive into the magical world of mermaiding with the SSI Try Mermaid program! This experience lets you explore entry-level mermaid skills, including swimming with a mono-fin, under the guidance of SSI professionals. Suitable for ages 6 and up; participants should be able to swim 40 feet independently.

Instructor: Jim Wieser

Location: PCC

Dates: **Code: 233217-A** M., 4/27 6:30-8:30 PM (1 class)
 Res \$45, Non-Res \$50
Code: 233217-B M., 5/18 6:30-8:30 PM (1 class)
 Res \$45, Non-Res \$50

AQUATICS

RU4 Scuba - Try Scuba

Ages: 10 years and over
The Try Scuba program is an ideal introduction to scuba diving offering a safe, confined water experience with a professional instructor. Enjoy your first underwater breaths and discover the magic of diving. Completing this course earns you a try scuba recognition card setting you on a path of endless diving adventures.

Instructor: Jim Wieser
Location: PCC
Dates: **Code: 233210-A** M., 4/27 6:30-8:30 PM (1 class)
Res \$45, Non-Res \$50
Code: 233210-B M., 5/18 6:30-8:30 PM (1 class)
Res \$45, Non-Res \$50

Red Cross Lifeguard Certification

Ages: 15 years and over
Participants must pass a prerequisite swim of 150 yards using front crawl or breaststroke or a combination of both. Maintain position at the surface of the water for 2 minutes by treading water using legs only. Swim 50 yards using front crawl, breaststroke or a combination of both. Complete a timed event in 1 minute, 40 seconds. Start in the shallow water, swim 20 yards; face may be in or out of the water. Surface dive and retrieve a 10 pound object. Swim 20 yards on the back, returning to the starting point while holding the object at the surface of the water. Exit water without using the ladder.

Instructors: ARC Lifeguard Instructors
Location: PCC
Dates: **Code: 243388-A** Th.-Sun., 5/14-5/17 4:00-8:00 PM (Th. & F.) & 9:00 AM-5:00 PM (Sat. & Sun.) (4 classes) Res \$180, Non-Res \$190
Code: 243388-B F.-Sun., 6/19-6/21 9:00 AM-5:00 PM (3 classes) Res \$180, Non-Res \$190

Adults Learn to Swim

Ages: 18 years and over
Our Adult Learn-to-Swim program is designed for beginners and those looking to build confidence in the water. In a supportive group setting, participants will progress through fundamental skills such as floating, breath control, and basic strokes, while also learning essential water safety. Lessons focus on comfort, confidence, and technique, allowing each participant to move at their own pace.

Instructors: Aquatic Staff
Location: PCC
Dates: **Code: 243903-A** Tu., 4/14-5/19 11:15-11:45 AM (6 classes)
Res \$60, Non-Res \$66
Code: 243903-B Tu., 5/26-6/23 11:15-11:45 AM (5 classes)
Res \$50, Non-Res \$55
Code: 243903-C Th., 4/16-5/21 11:15-11:45 AM (6 classes)
Res \$60, Non-Res \$66
Code: 243903-D Th., 5/28-6/25 11:15-11:45 AM (5 classes)
Res \$50, Non-Res \$55
Code: 243903-E Tu. & Th., 4/14-5/21 11:15-11:45 AM (12 classes)
Res \$120, Non-Res \$130
Code: 243903-F Tu. & Th., 5/26-6/25 11:15-11:45 AM (10 classes)
Res \$100, Non-Res \$110

Fitness Swim Class

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

Instructor: Sean Anne
Location: PCC
Dates: **Code: 243901-A** Tu., 4/14-5/19 7:30-8:30 AM (6 classes)
Res \$48, Non-Res \$53
Code: 243901-B Tu., 5/26-6/23 7:30-8:30 AM (5 classes)
Res \$40, Non-Res \$44
Code: 243901-C Th., 4/16-5/21 7:30-8:30 AM (6 classes)
Res \$48, Non-Res \$53
Code: 243901-D Th., 5/28-6/25 7:30-8:30 AM (5 classes)
Res \$40, Non-Res \$44
Code: 243901-E Tu. & Th., 4/14-5/21 7:30-8:30 AM (12 classes)
Res \$96, Non-Res \$106
Code: 243901-F Tu. & Th., 5/26-6/25 7:30-8:30 AM (10 classes)
Res \$80, Non-Res \$88

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. Mornings 5:30-7:30 AM. Contact Laura at lsilins@perinton.gov to begin your free 2 week trial.
Not available on WebTrac.



**Register Online Using
Our WebTrac System - See Page 9
<https://webtrac.perinton.org>**

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.gov 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 to kids and adults.

Semi-Private Fees: Each additional participant

- 8 classes - Res \$112, Non-Res \$122

SUNDAY

4/12-6/7 (ex. 5/24) (8 classes)

Res \$236, Non-Res \$246

- Code: 213120-UA, UB or UC 9:00-9:30 AM
- Code: 213120-UD, UE or UF 9:35-10:05 AM
- Code: 213120-UG, UH or UI 10:10-10:40 AM
- Code: 213120-UJ, UK or UL 10:45-11:15 AM
- Code: 213120-UM, UN or UO 11:20-11:50 AM

MONDAY

4/13-6/8 (ex. 5/25) (8 classes)

Res \$236, Non-Res \$246

- Code: 213120-MA, MB or MC 3:40-4:10 PM
- Code: 213120-MD, ME or MF 4:15-4:45 PM
- Code: 213120-MG, MH or MI 4:50-5:20 PM
- Code: 213120-MJ, MK or ML 5:25-5:55 PM
- Code: 213120-MM, MN or MO 6:00-6:30 PM

TUESDAY

4/14-6/2 (8 classes)

Res \$236, Non-Res \$246

- Code: 213120-TA 9:00-9:30 AM
- Code: 213120-TB 9:35-10:05 AM
- Code: 213120-TC 10:10-10:40 AM
- Code: 213120-TD 10:45-11:15 AM
- Code: 213120-TE or TF 3:40-4:10 PM
- Code: 213120-TG or TH 4:15-4:45 PM
- Code: 213120-TI or TJ 4:50-5:20 PM
- Code: 213120-TK or TL 5:25-5:55 PM
- Code: 213120-TM or TN 6:00-6:30 PM

WEDNESDAY

4/15-6/3 (8 classes)

Res \$236, Non-Res \$246

- Code: 213120-WA, WB or WC 3:40-4:10 PM
- Code: 213120-WD, WE or WF 4:15-4:45 PM
- Code: 213120-WG, WH or WI 4:50-5:20 PM
- Code: 213120-WJ, WK or WL 5:25-5:55 PM
- Code: 213120-WM, WN or WO 6:00-6:30 PM

THURSDAY

4/16-6/4 (8 classes)

Res \$236, Non-Res \$246

- Code: 213120-RA 9:00-9:30 AM
- Code: 213120-RB 9:35-10:05 AM
- Code: 213120-RC 10:10-10:40 AM
- Code: 213120-RD 10:45-11:15 AM
- Code: 213120-RE or RF 3:40-4:10 PM
- Code: 213120-RG or RH 4:15-4:45 PM
- Code: 213120-RI or RJ 4:50-5:20 PM
- Code: 213120-RK or RL 5:25-5:55 PM
- Code: 213120-RM or RN 6:00-6:30 PM

FRIDAY

4/17-6/5 (8 classes)

Res \$236, Non-Res \$246

- Code: 213120-FA, FB or FC 3:40-4:10 PM
- Code: 213120-FD, FE or FF 4:15-4:45 PM
- Code: 213120-FG, FH or FI 4:50-5:20 PM
- Code: 213120-FJ, FK or FL 5:25-5:55 PM

SATURDAY

4/18-6/13 (ex. 5/23) (8 classes)

Res \$236, Non-Res \$246

- Code: 213120-SA 8:25-8:55 AM
- Code: 213120-SB 9:00-9:30 AM
- Code: 213120-SC 9:35-10:05 AM
- Code: 213120-SD or SE 10:10-10:40 AM
- Code: 213120-SF or SG 10:45-11:15 AM
- Code: 213120-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. **Please note that no registration is allowed once sections have begun.** Any questions, please contact Laura Silins at lsilins@perinton.gov.

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. Provides safety information for parent and teaches 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 \$84, Non-Res \$92

- Code: 213110-TA Tu., 4/14-6/2 10:45-11:15 AM (8 classes)
- Code: 213110-TB Tu., 4/14-6/2 6:00-6:30 PM (8 classes)
- Code: 213110-WA W., 4/15-6/3 10:45-11:15 AM (8 classes)
- Code: 213110-RA Th., 4/16-6/4 10:45-11:15 AM (8 classes)
- Code: 213110-RB Th., 4/16-6/4 6:00-6:30 PM (8 classes)
- Code: 213110-SA Sat., 4/18-6/13 (ex. 5/23) 8:25-8:55 AM (8 classes)
- Code: 213110-SB Sat., 4/18-6/13 (ex. 5/23) 9:00-9:30 AM (8 classes)
- Code: 213110-SC Sat., 4/18-6/13 (ex. 5/23) 9:35-10:05 AM (8 classes)
- Code: 213110-SD Sat., 4/18-6/13 (ex. 5/23) 10:10-10:40 AM (8 classes)
- Code: 213110-SE Sat., 4/18-6/13 (ex. 5/23) 10:45-11:15 AM (8 classes)
- Code: 213110-UA Sun., 4/12-6/7 (ex. 5/24) 9:00-9:30 AM (8 classes)
- Code: 213110-UB Sun., 4/12-6/7 (ex. 5/24) 10:10-10:40 AM (8 classes)
- Code: 213110-UC Sun., 4/12-6/7 (ex. 5/24) 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 \$96, Non-Res \$106

- Code: 213119-TA Tu., 4/14-6/2 9:00-9:30 AM (8 classes)
- Code: 213119-TB Tu., 4/14-6/2 9:35-10:05 AM (8 classes)
- Code: 213119-TC Tu., 4/14-6/2 10:10-10:40 AM (8 classes)
- Code: 213119-TD Tu., 4/14-6/2 1:00-1:30 PM (8 classes)
- Code: 213119-TE Tu., 4/14-6/2 1:35-2:05 PM (8 classes)
- Code: 213119-TF Tu., 4/14-6/2 2:10-2:40 PM (8 classes)
- Code: 213119-TG Tu., 4/14-6/2 4:15-4:45 PM (8 classes)
- Code: 213119-TH Tu., 4/14-6/2 4:50-5:20 PM (8 classes)
- Code: 213119-TI Tu., 4/14-6/2 5:25-5:55 PM (8 classes)
- Code: 213119-WA W., 4/15-6/3 9:00-9:30 AM (8 classes)
- Code: 213119-WB W., 4/15-6/3 9:35-10:05 AM (8 classes)
- Code: 213119-WC W., 4/15-6/3 10:10-10:40 AM (8 classes)
- Code: 213119-RA Th., 4/16-6/4 9:00-9:30 AM (8 classes)
- Code: 213119-RB Th., 4/16-6/4 9:35-10:05 AM (8 classes)
- Code: 213119-RC Th., 4/16-6/4 10:10-10:40 AM (8 classes)
- Code: 213119-RD Th., 4/16-6/4 1:00-1:30 PM (8 classes)
- Code: 213119-RE Th., 4/16-6/4 1:35-2:05 PM (8 classes)
- Code: 213119-RF Th., 4/16-6/4 2:10-2:40 PM (8 classes)
- Code: 213119-RG Th., 4/16-6/4 4:15-4:45 PM (8 classes)
- Code: 213119-RH Th., 4/16-6/4 4:50-5:20 PM (8 classes)
- Code: 213119-RI Th., 4/16-6/4 5:25-5:55 PM (8 classes)
- Code: 213119-SA Sat., 4/18-6/13 (ex. 5/23) 9:00-9:30 AM (8 classes)
- Code: 213119-SB Sat., 4/18-6/13 (ex. 5/23) 9:35-10:05 AM (8 classes)
- Code: 213119-SC Sat., 4/18-6/13 (ex. 5/23) 10:10-10:40 AM (8 classes)
- Code: 213119-SD Sat., 4/18-6/13 (ex. 5/23) 10:45-11:15 AM (8 classes)
- Code: 213119-SE Sat., 4/18-6/13 (ex. 5/23) 11:20-11:50 AM (8 classes)
- Code: 213119-UA Sun., 4/12-6/7 (ex. 5/24) 9:35-10:05 AM (8 classes)
- Code: 213119-UB Sun., 4/12-6/7 (ex. 5/24) 10:45-11:15 AM (8 classes)
- Code: 213119-UC Sun., 4/12-6/7 (ex. 5/24) 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 \$84, Non-Res \$92

- Code: 223111-TA Tu., 4/14-6/2 4:15-4:45 PM (8 classes)
- Code: 223111-TB Tu., 4/14-6/2 4:50-5:20 PM (8 classes)
- Code: 223111-TC Tu., 4/14-6/2 5:25-5:55 PM (8 classes)
- Code: 223111-RA Th., 4/16-6/4 4:15-4:45 PM (8 classes)
- Code: 223111-RB Th., 4/16-6/4 4:50-5:20 PM (8 classes)
- Code: 223111-RC Th., 4/16-6/4 5:25-5:55 PM (8 classes)
- Code: 223111-UA Sun., 4/12-6/7 (ex. 5/24) 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 \$84, Non-Res \$92

- Code: 223112-TA Tu., 4/14-6/2 4:15-4:45 PM (8 classes)
- Code: 223112-TB Tu., 4/14-6/2 4:50-5:20 PM (8 classes)
- Code: 223112-TC Tu., 4/14-6/2 5:25-5:55 PM (8 classes)
- Code: 223112-RA Th., 4/16-6/4 4:15-4:45 PM (8 classes)
- Code: 223112-RB Th., 4/16-6/4 4:50-5:20 PM (8 classes)
- Code: 223112-RC Th., 4/16-6/4 5:25-5:55 PM (8 classes)
- Code: 223112-SA Sat., 4/18-6/13 (ex. 5/23) 9:00-9:30 AM (8 classes)
- Code: 223112-SB Sat., 4/18-6/13 (ex. 5/23) 9:35-10:05 AM (8 classes)
- Code: 223112-SC Sat., 4/18-6/13 (ex. 5/23) 10:45-11:15 AM (8 classes)
- Code: 223112-UA Sun., 4/12-6/7 (ex. 5/24) 9:35-10:05 AM (8 classes)



Red Cross Level 3 Ages: 6-12 years

Child must have a Level 2 card to enroll.

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

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

Code: 223113-TA Tu., 4/14-6/2 4:15-4:45 PM (8 classes)

Code: 223113-TB Tu., 4/14-6/2 6:00-6:30 PM (8 classes)

Code: 223113-RA Th., 4/16-6/4 4:15-4:45 PM (8 classes)

Code: 223113-RB Th., 4/16-6/4 6:00-6:30 PM (8 classes)

Code: 223113-SA Sat., 4/18-6/13 (ex. 5/23) 9:00-9:30 AM (8 classes)

Code: 223113-SB Sat., 4/18-6/13 (ex. 5/23) 10:10-10:40 AM (8 classes)

Code: 223113-UA Sun., 4/12-6/7 (ex. 5/24) 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 \$84, Non-Res \$92

Code: 223114-TA Tu., 4/14-6/2 4:15-4:45 PM (8 classes)

Code: 223114-TB Tu., 4/14-6/2 6:00-6:30 PM (8 classes)

Code: 223114-RA Th., 4/16-6/4 4:15-4:45 PM (8 classes)

Code: 223114-RB Th., 4/16-6/4 6:00-6:30 PM (8 classes)

Code: 223114-SA Sat., 4/18-6/13 (ex. 5/23) 9:00-9:30 AM (8 classes)

Code: 223114-SB Sat., 4/18-6/13 (ex. 5/23) 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 \$84, Non-Res \$92

Code: 223115-TA Tu., 4/14-6/2 4:50-5:20 PM (8 classes)

Code: 223115-RA Th., 4/16-6/4 4:50-5:20 PM (8 classes)

Code: 223115-SA Sat., 4/18-6/13 (ex. 5/23) 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 \$84, Non-Res \$92

Code: 223116-TA Tu., 4/14-6/2 4:50-5:20 PM (8 classes)

Code: 223116-RA Th., 4/16-6/4 4:50-5:20 PM (8 classes)

Code: 223116-SA Sat., 4/18-6/13 (ex. 5/23) 9:35-10:05 AM (8 classes)



AQUATIC FITNESS

3% Credit Card fee applies to all transactions

MONDAY

Total Body Aqua Size

Ages: 13 years and over
Work your arms, legs, abs and back using the resistance of water, bands and barbells. You can make it as challenging to your body as you want, at the same time relieving your stress (mind and body). Shallow and deep water exercises. All fitness levels invited.

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 243810-A** M., 4/13-6/22 (ex. 5/4, 5/11, 5/18, 5/25) 9:00-10:00 AM (7 classes) Res \$60, Non-Res \$66

Beachball Circle Time

Ages: 13 years and over
How long can your group keep the beach ball in the air? Exercise your muscles, jump, reach, laugh and improve your reflexes. **Not actual volleyball**

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 243818-A** M., 4/13-6/22 (ex. 5/4, 5/11, 5/18, 5/25) 10:00-10:45 AM (7 classes) Res \$60, Non-Res \$66

Aqua Fit Deep

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: Marcie Bartolotta
Location: PCC
Dates: **Code: 243831-A** M., 4/13-5/18 (ex. 5/11) 6:00-6:45 PM (5 classes) Res \$43, Non-Res \$47

TUESDAY

Aqua Fit

Ages: 13 years and over
This aqua class provides 40 minutes of continual movement, with fun moves and great music while increasing heart rate, stamina and strength.

Instructor: Marsha Young
Location: PCC
Dates: **Code: 243831-B** Tu., 4/14-6/16 (ex. 5/19) 8:35-9:20 AM (9 classes) Res \$77, Non-Res \$85

Aqua Endurance – Current Channel

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 243832-B** Tu., 4/14-6/16 (ex. 5/19) 9:30-10:15 AM (9 classes) Res \$77, Non-Res \$85

NEW!! Aqua Strength

Ages: 18 years and over
This aqua class, taught in the current channel, uses the increased resistance of the water, along with strengthening equipment to enhance the workout – all to great music.

Instructor: Marsha Young
Location: PCC
Dates: **Code: 243838-A** Tu., 4/14-6/16 (ex. 5/19) 10:30-11:15 AM (9 classes) Res \$77, Non-Res \$85

WEDNESDAY

Heat Up the Pool

Ages: 13 years and over
Turn up the heat with water exercise. Challenge yourself with barbells, buoys, bands and tethers. Work on cardio, flexibility and strength all in one hour. You determine the intensity – low (starting out) to vigorous (experienced). Push yourself. Both shallow (chest deep) and deep end of the pool will be used.

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 243817-A** W., 4/15-6/24 (ex. 5/6, 5/13, 5/20) 9:00-10:00 AM (8 classes) Res \$68, Non-Res \$75

Let's Get Moving

Ages: 13 years and over
Low impact! Water moves to strengthen your muscles and improve range of motion. Challenge yourself with buoys, bands, barbells and other water equipment using the resistance of the water.

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 243870-A** W., 4/15-6/24 (ex. 5/6, 5/13, 5/20) 10:00-11:00 AM (8 classes) Res \$68, Non-Res \$75

THURSDAY

Aqua Endurance – Current Channel

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 243832-C** Th., 4/16-6/18 (ex. 5/21) 9:30-10:15 AM (9 classes) Res \$77, Non-Res \$85

NEW!! Aqua Strength

Ages: 18 years and over
This aqua class, taught in the current channel, uses the increased resistance of the water, along with strengthening equipment to enhance the workout – all to great music.

Instructor: Marsha Young
Location: PCC
Dates: **Code: 243838-B** Th., 4/16-6/18 (ex. 5/21) 10:30-11:15 AM (9 classes) Res \$77, Non-Res \$85



FRIDAY

Total Body Aqua Size

Ages: 13 years and over
Work your arms, legs, abs and back using the resistance of water, bands and barbells. You can make it as challenging to your body as you want, at the same time relieving your stress (mind and body). Shallow and deep water exercises. All fitness levels invited.

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 243810-B** F., 4/17-6/26 (ex. 5/1, 5/8, 5/15, 5/22) 9:00-10:00 AM (7 classes) Res \$60, Non-Res \$66

Let's Get Moving

Ages: 13 years and over
Low impact! Water moves to strengthen your muscles and improve range of motion. Challenge yourself with buoys, bands, barbells and other water equipment using the resistance of the water.

Instructor: Marjory Hall
Location: PCC
Dates: **Code: 243870-B** F., 4/17-6/26 (ex. 5/1, 5/8, 5/15, 5/22) 10:00-11:00 AM (7 classes) Res \$60, Non-Res \$66

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: 243806-A** F., 4/17-5/8 12:15-1:00 PM (4 classes) Res \$34, Non-Res \$37



SUNDAY

Aqua Endurance – Current Channel

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

Instructor: Marsha Young
Location: PCC
Dates: **Code: 243832-A** Sun., 4/19-6/21 (ex. 5/24) 9:15-10:00 AM (9 classes) Res \$77, Non-Res \$85



ADULT FITNESS

Health & Fitness



**3% Credit Card
fee applies
to all
transactions**

Drop In Available for classes
without full roster:
Aerobics: \$10.00 Res./\$11.00 Non-Res.

MONDAY

Bootcamp

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

Instructor: Marcie Nicastro
Location: PCC
Dates: **Code: 241866-B** M., 4/13-6/22 (ex. 5/25) 6:15-7:15 PM (10 classes) Res \$85, Non-Res \$94

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: 241885-A** W., 4/15-6/24 (ex. 4/22, 5/20) 5:30-6:30 PM (9 classes) Res \$77, Non-Res \$85

TUESDAY

UPLIFT™ Strength Training

Ages: 18 years and over
UPLIFT™ is a unique, energy-infused, full-body strength training program that uses consistent choreography to iconic music. It is designed to work all the major muscle groups in a specific sequence to allow muscle fatigue and recovery; balance and coordination are also improved. UPLIFT™ classes will leave you feeling strong and confident. All levels welcomed.

Instructor: Sharon Dirksen
Location: PCC
Dates: **Code: 225310-A** Tu., 4/14-6/23 (ex. 5/5, 6/2) 4:45-5:45 PM (9 classes) Res \$77, Non-Res \$85

Zumba

Ages: 14 years and over
"Ditch the work-out...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: 241810-E** Tu., 4/14-6/23 (ex. 5/26, 2 TBA) 6:00-7:00 PM (8 classes) Res \$68, Non-Res \$75

TUESDAY/THURSDAY

Zumba Combo

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

Instructor: Frankie Engelbert
Location: PCC
Dates: **Code: 241810-EA** Tu. & Th., 4/14-6/25 (ex. 5/21, 5/26, 5/28, 3 TBA) 6:00-7:00 PM (16 classes) Res \$122, Non-Res \$132

Cathy Ames Yoga Alliance

Grace Carducci Yoga

Anna Marie Cymerman AFAA

Sharon Dirksen UPLIFT™ Strength Training, NASM

Frankie Engelbert Zumba, Zumba Toning

Jillian Heinold ACE

Marcie Nicastro ACE, AFAA, AEA, Move It

PERSONAL TRAINERS

Take your fitness to the next level with personalized training designed around your goals, schedule and lifestyle. Sessions are tailored to individual needs, including strength training, functional fitness and overall wellness support. Rates vary based on session length, package options, and individual training needs. Contact us to find the option that works best for you.

Aylssa Ziolko - CPT, PWR, Certified Functional Aging Specialist

John Schwartz - ISSA CPT



Health & Fitness



Register early to avoid program cancellation due to low enrollment.

Drop In Available for classes without full roster:
Aerobics: \$10.00 Res./\$11.00 Non-Res.

THURSDAY

Interval Training

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

Instructor: Jillian Heinold
Location: PCC
Dates: **Code: 241856-A** Th., 4/16-6/25 (ex. 2 TBA) 4:30-5:20 PM (9 classes) Res \$77, Non-Res \$85

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: 241815-A** Th., 4/16-6/25 (ex. 2 TBA) 5:30-6:30 PM (9 classes) Res \$77, Non-Res \$85

Zumba Toning

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

Instructor: Frankie Engelbert
Location: PCC
Dates: **Code: 241810-A** Th., 4/16-6/25 (ex. 5/21, 5/28, TBA) 6:00-7:00 PM (8 classes) Res \$68, Non-Res \$75

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: 241866-A** Sat., 4/18-5/16 7:45-8:45 AM (5 classes) Res \$43, Non-Res \$47

Morning Hatha Flow Yoga

Ages: 18 years and over
 A class which is slower paced to feel, explore and enjoy the practice of yoga. A minimum of 6 months' of consistent practice is recommended.

Instructor: Cathy Ames
Location: PCC
Dates: **Code: 241841-A** Sat., 4/18-5/16 (ex. TBA) 8:00-9:15 AM (5 classes) Res \$43, Non-Res \$47

SUNDAY

Power Yoga

Ages: 16 years and over
 Power Yoga encompasses movement, poses and breathing linked by vinyasa flow.

Instructor: Grace M. Carducci
Location: PCC
Dates: **Code: 241805-A** Sun., 4/19-5/10 9:00-9:45 AM (4 classes) Res \$34, Non-Res \$37



ADULT PROGRAMS

Register early to avoid program cancellation due to low enrollment.

Adult Co-Ed Drop-In Soccer

Ages: 16 years and over
In our 42nd year! Co-ed soccer for ages 16 and over. All ability levels are welcome. New teams are randomly chosen each week. Bring 3 differently colored shirts each week for dividing into teams: Red, White and Dark (Blue or Black). Pinnies are not supplied. Shin guards and cleats are highly recommended. Call Larry Reynolds (cell 259-3467) for more information.

Instructor: Larry Reynolds
Location: Center Park East Soccer Fields
Dates: Sun., 4/26-8/30 6:00-8:00 PM
Sun., 9/6-9/27 5:00-7:00 PM
Sun., 10/4-10/25 4:00-6:00 PM
Sun., 11/1-11/22 3:00-5:00 PM
No charge. No pre-registration required.
Not available on WebTrac.

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 CLASS, Gates Chili HS or PCC
Dates: **ONLINE**
Code: 245910-A Sat., 4/25 9:00 AM-3:45 PM (1 class)
Res \$72, Non-Res \$79
Code: 245910-C M., 5/11-5/18 5:30-8:45 PM (2 classes)
Res \$72, Non-Res \$79
Gates-Chili HS
Code: 245910-B M., 4/27-5/4 5:30-8:45 PM (2 classes)
Res \$72, Non-Res \$79
PCC
Code: 245910-D Sat., 5/2 9:00 AM-3:45 PM (1 class)
Res \$72, Non-Res \$79

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 Ziolko
Location: PCC
Dates: **Code: 242809-A** W., 4/15-5/6 9:00-9:40 AM (4 classes)
Res \$80, Non-Res \$88
Code: 242809-B W., 5/13-6/3 9:00-9:40 AM (4 classes)
Res \$80, Non-Res \$88

Boatsafe NY – Boating Safety Certificate Course

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

Instructor: Ken Rainis
Location: PCC
Dates: **10-17 years/Veterans**
Code: 175841-B** Sat., 4/11 9:00 AM-5:00 PM (1 class)
Res \$25, Non-Res \$28
Code: 275841-A Sat., 5/9 9:00 AM-5:00 PM (1 class)
Res \$25, Non-Res \$28
Code: 275841-B Sat., 6/13 9:00 AM-5:00 PM (1 class)
Res \$25, Non-Res \$28
18 years and over
Code: 175841-BB** Sat., 4/11 9:00 AM-5:00 PM (1 class)
Res \$50, Non-Res \$55
Code: 275841-AA Sat., 5/9 9:00 AM-5:00 PM (1 class)
Res \$50, Non-Res \$55
Code: 275841-BB Sat., 6/13 9:00 AM-5:00 PM (1 class)
Res \$50, Non-Res \$55
**** Registration is already open for these sections.**

NEW!! Boundaries & Burnout: How to Reclaim Your Energy

Ages: 18 years and over
Feeling stretched too thin? Learn how to set healthy boundaries, protect your energy, and prevent emotional burnout. This supportive workshop offers simple, practical tools for self-care and balance – perfect for caregivers, educators, and anyone ready to reclaim peace of mind.

Instructor: Amanda Toal
Location: PCC
Dates: **Code: 245961-A** W., 5/6 6:00-8:00 PM (1 class)
Res \$45, Non-Res \$50

NEW!! Breathing for Sanity Mind-Body Reset

Ages: 18 years and over
Join Laura, Certified Body Breath Mind instructor, to learn simple, powerful practices to calm the nervous system, reduce stress, and build resilience. We will practice gentle movement, coherent breathing, relaxation/meditation with fundamental techniques to deepen focus and build interconnected skills for physical and mental well-being. Learn the universal power of breathing practices.

Instructor: Laura Gavigan
Location: PCC
Dates: **Code: 235887-A** Th., 4/16 12:00-1:00 PM (1 class)
Res \$20, Non-Res \$22
Code: 235887-B Th., 5/21 12:00-1:00 PM (1 class)
Res \$20, Non-Res \$22
Code: 235887-C Th., 6/11 12:00-1:00 PM (1 class)
Res \$20, Non-Res \$22

3% Credit Card fee applies to all transactions

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 adult dogs alike. Dogs must be 8 weeks or older at the start of class and up to date on rabies, distemper and kennel cough vaccines.

Instructor: Gregory Harmer Fiete
Location: Lion's Den Teen Center, 53 West Church Street
Dates: **Code: 245849-A** Tu., 5/12-6/9 6:00-7:00 PM (5 classes)
Res \$195, Non-Res \$205

**Dog Enrichment:
Tricks and Brain Games**

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

Instructor: Gregory Harmer Fiete
Location: Lion's Den Teen Center, 53 West Church Street
Dates: **Code: 245938-A** Tu., 4/14-4/28 6:00-7:00 PM (3 classes)
Res \$100, Non-Res \$110

DANCE PROGRAMS

Adult Ballet

Ages: 18 years and over
This class is designed for adults of all experience levels who want to explore ballet in a supportive, uplifting environment. Dancers will build strength, flexibility, balance, and grace through traditional barre and center work, all at a comfortable pace. Whether you're returning to dance or stepping into the studio for the first time, this class offers a refreshing way to move, challenge your body, and enjoy the artistry of ballet.

Instructors: Studio East Dance Company
Location: Studio East Dance Company, 370 Macedon Center Road, Suite 3
Dates: **Code: 246871-A** Tu., 4/28-5/26 8:15-9:00 PM (5 classes)
Res \$85, Non-Res \$94

Ballroom Dancing

Ages: 14 years and over
Instructor: Maureen Hickey, MoDancing LLC
Location: PCC
Couples and singles are welcome at any and all of my dance events. Rotating partners is optional.

Beginner American Style Tango

In movies when the director wants dramatic music and dance, often it is Tango that is showcased. You too can join in and create your own scenario. Conjure up your playful and spicy side and step out in style with some new steps and patterns.

Dates: **Code: 246867-A** M., 4/13-5/18 6:30-7:30 PM (6 classes)
Res \$60, Non-Res \$66

Intermediate Salsa

Come fall in love with Latin music as well as the Salsa dance! When I hear Salsa playing on the radio, it really makes me want to jump up and dance! Hopefully you will have the same reaction!

Dates: **Code: 246867-B** M., 4/13-5/18 7:30-8:30 PM (6 classes)
Res \$60, Non-Res \$66

Beginner Level Viennese Waltz

Viennese Waltz is the one dance that I feel is the closest to flying around the room. The traditional music can transport you back in time to court dances in Austria, while other songs make you feel like you are on *Dancing With The Stars!* This dance is somewhat physically challenging and is better suited to people with an active lifestyle.

Dates: **Code: 246867-C** M., 6/1-6/22 6:30-7:30 PM (4 classes)
Res \$40, Non-Res \$44

Intermediate American Style Tango

Let's take your Tango to the next level. Time to sharpen up your non verbal communication skills! We will work on lead and follow and some shadow movements.

Dates: **Code: 246867-D** M., 6/1-6/22 7:30-8:30 PM (4 classes)
Res \$40, Non-Res \$44

Combo Classes

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

Dates: **Code: 246867-AB** M., 4/13-5/18 6:30-8:30 PM (6 classes)
Res \$108, Non-Res \$118
Code: 246867-CD M., 6/1-6/22 6:30-8:30 PM (4 classes)
Res \$72, Non-Res \$79

Beginner Latin Jazz

Ages: 16 years and over
This class introduces students to the fundamentals of jazz dance. Concepts and skills taught: basic technique, characteristic jazz movements, coordination, artistic expression and musicality. Through a combination of warm-up exercises, basic jazz techniques and the practice of simple choreography, students will develop physical, creative, and expressive skills. Students will engage in improvisation too.

Instructor: Sol del Carpio
Location: PCC
Dates: **Code: 216801-A** F., 4/17-6/26 6:00-7:00 PM (11 classes)
Res \$121, Non-Res \$131

Belly Dance

Ages: 18 years and over
Join us and get in on the fun! Belly dance will have you moving like you never thought you could. While learning this beautiful dance form, you will strengthen and tone your core, improve your posture, balance and just plain feel good moving to music. No previous dance experience is required. This is an open level class, for beginners and more experienced dancers. Bring a friend or make a new one.

Instructor: Deborah Robinson
Location: PCC
Dates: **Code: 246100-A** W., 4/15-6/10 7:00-8:00 PM (9 classes)
Res \$99, Non-Res \$109

**Register Online Using
Our WebTrac System
See Page 9
<https://webtrac.perinton.org>**

ADULT PROGRAMS

Line Dance

Ages: 12 years and over
Looking to put a little "Spring" in your step this season...maybe with some rhythm too? Then join us on Saturday mornings in the Springtime! It's a great way to get up and get movin' with some fun Line Dance classes! Come alone or bring a friend for a fun-filled class of music and movement! Three different levels to choose from...pick yours!

Instructor: Terri Anderson

Location: PCC

Dates: **Intermediate:** Previous intermediate experience is required—have fun learning more challenging dances, along with technique tips to help make your dance steps easier to execute and more fun to do!

Code: 246819-A Sat., 4/18-6/27 (ex. 5/23) 9:30-10:30 AM (10 classes) Res \$75, Non-Res \$83

Beginner Plus: Previous experience and/or previous sessions at this level are required for a continuation of dancing the basics with confidence, while learning more challenging steps at this next level!

Code: 246819-B Sat., 4/18-6/27 (ex. 5/23) 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 master "the basics" from scratch in a fun and encouraging setting!

Code: 246819-C Sat., 4/18-6/27 (ex. 5/23) 11:15 AM-12:00 PM (10 classes) Res \$75, Non-Res \$83

The Joy of Latin Dance

Ages: 16 years and over
Dance to the rhythm of Latin music! This class will take you through vibrant styles like salsa, reggaeton, Latin pop, and Latin jazz - no experience needed. Come dance with us and enjoy the rhythm while improving your coordination, flexibility and energy.

Instructor: Sol del Carpio

Location: PCC

Dates: **Code: 216802-A** M., 4/13-6/22 6:30-7:30 PM (11 classes) Res \$121, Non-Res \$131

Easy Italian Beginner Conversational and Travel

Ages: 15 years and over
Join us for a fun 6-week class in Italian. Ideal for those wanting to learn Italian for the first time or traveling to Italy. Lessons include key words and phrases, dialogue, culture, grammar and a video. The instructor has lived in Italy and loves the food, the land and the culture and her passion is evident! *Vieni e parliamo!*

Instructor: Carol Brandani

Location: PCC

Dates: **Code: 245892-A** Tu., 4/14-5/19 7:00-8:00 PM (6 classes) Res \$120, Non-Res \$130



Electronic Notary Training Class

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

Instructor: Kristin A. Cavallaro

Location: ONLINE CLASS

Date: **Code: 245944-A** W., 5/13 5:30-8:45 PM (1 class) Res \$53, Non-Res \$58

FINANCE

Estate, Legacy & Long-Term Care Planning Informational Workshop

Ages: 50 years and over
The IRS is currently a financial partner of yours in your Traditional IRA assets. Come learn how to fully "Disinherit" the IRS so that you can maximize the financial legacy that you leave your chosen beneficiaries by negating the income taxes they will pay when they ultimately inherit those taxable IRA assets. The recently passed SECURE Act has dramatically changed how Traditional IRA beneficiaries are taxed. Bill will discuss those specific changes and what planning strategies now exist post-SECURE Act that will allow your beneficiaries to inherit your IRA 100% income tax-free. The goal is to make sure that the IRS is never a financial beneficiary of your estate. Your retirement assets should go to your loved ones, not the IRS. Bill will also be comparing traditional long-term care insurance with the popular new Hybrid Life Insurance/Long-Term Care Combination Plans, exploring all ways to avoid Probate, the advantages and disadvantages of using trusts in your estate planning, gifting strategies to benefit both children and grandchildren and much, much more.

Instructor: Bill Monte

Location: PCC

Dates: **Code: 245911-A** W., 5/13 1:00-2:30 PM (1 class) No charge
Code: 245911-B W., 6/17 1:00-2:30 PM (1 class) No charge

NEW!! HSAs – The Other Retirement Account

Ages: 18 years and over
Health Savings Accounts are more than just a way to pay for medical expenses with pre-tax money. Learn how you can accumulate and invest HSA funds for future needs or even retirement! Course will include contributions limits at various ages, investment alternatives, spousal options, beneficiary requirements and much more!

Instructor: Barbara Clemons

Location: PCC

Date: **Code: 245970-A** Tu., 4/28 7:00-8:00 PM (1 class) No charge

**3% Credit Card fee
applies to
all transactions**

Interactive Financial Planning

Ages: 50 years and over
 If you've ever wondered what goes into a comprehensive financial plan, this session is for you. Join Alex Neri, CFP, ChFC, RICP, as he walks through a real-world example of how a plan comes together – covering retirement income, taxes, and investment strategies to help you gain clarity and confidence about your financial future.
 Instructor: Alex Neri
 Location: PCC
 Date: **Code: 245900-A** W., 5/27 6:00-7:00 PM (1 class) No charge

NEW!! Investing Basics for Women

Ages: 18 years and over
 Investing is no different for women than men, however – studies show that women won't ask questions when there are men in the room. This class covers the basics. What is a bond? What is a stock? What are the risks and rewards of both? How is an ETF different from a Mutual Fund? What is this 2035 Fund in my retirement account? Is that where I should be invested? If you're new to investing or would like a refresher on the basics, this is the class for you!
 Instructor: Barbara Clemons
 Location: PCC
 Date: **Code: 245971-A** W., 5/6 7:00-8:00 PM (1 class) No charge

Life After Work: Retirement Distribution Planning

Ages: 50 years and over
 Creating monthly income that lasts throughout your retirement is tricky. A wrong decision could subject you to unnecessary taxes, penalties, and inflation. You'll learn the strategies that can help you protect and sustain your retirement income over the next 30 years.
 Instructor: Tomas Aponte, RICP®
 Location: PCC
 Date: **Code: 245902-B** Tu., 6/9 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: 245928-A** Tu., 5/5 6:00-7:30 PM (1 class) No charge
Code: 245928-B Tu., 6/2 6:00-7:30 PM (1 class) No charge

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

Ages: 50 years and over
 In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of income to pay for your living expenses. Learn how to apply the tax code in an organized and efficient way!
 Instructor: Tomas Aponte, RICP®
 Location: PCC
 Date: **Code: 245902-A** Tu., 5/5 5:00-6:30 PM (1 class) No charge

NEW!! Thriving in Retirement

Ages: 18 years and over
 A successful retirement has two components according to author Mitch Anthony: enough money to sleep at night and a reason to get up in the morning. What will be your reason to get up? How do you mentally prepare for retirement? We will explore the basics of preparing financially. How do you calculate how much money you will need? What are the considerations regarding when to start Social Security? Your instructor recently semi-retired from a local credit union and her reason for getting up is helping people understand their finances!
 Instructor: Barbara Clemons
 Location: PCC
 Date: **Code: 245972-A** Th., 4/16 7:00-8:00 PM (1 class) No charge

Fun Spanish for Adults

Ages: 18 years and over
 Did you know that Spanish is the second most spoken native language in the world and that research shows that learning a new language, like Spanish, could help improve your cognitive skills and make stronger brains? Spanish also gives you access to more culture, people and resources. Come learn with a native Spanish teacher in a fun way! You will learn new vocabulary, basic Spanish and conversation.
 Instructor: Lourdes de la Colina-Scolfield
 Location: PCC
 Dates: **Basics 1A**

Code: 232878-A Th., 4/16-5/21 (ex. 4/30) 9:30-10:25 AM (5 classes) Res \$129, Non-Res \$139

Code: 232878-C Th., 5/28-6/25 9:30-10:25 AM (5 classes) Res \$129, Non-Res \$139

Basics 1B
Code: 232878-B Th., 4/16-5/21 (ex. 4/30) 10:30-11:25 AM (5 classes) Res \$129, Non-Res \$139

Code: 232878-D Th., 5/28-6/25 10:30-11:25 AM (5 classes) Res \$129, Non-Res \$139

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: 248103-B** W., 5/27 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.

Instructor: Robert Opett
 Location: PCC
 Date: **Code: 248103-A** Tu., 5/26 7:00-8:15 PM (1 class) Res \$10, Non-Res \$11

Register Online Using Our WebTrac System
See Page 9
<https://webtrac.perinton.org>

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: 245821-A** Th., 4/23-6/25 7:00-8:00 PM (10 classes)
Res \$100, Non-Res \$110

Introduction to Book Publishing

Ages: 18 years and over
Join Tricia Dell'Anno, award-winning author, in this interactive workshop where you'll 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 publishing world.

Instructor: Tricia Dell'Anno
Location: PCC
Dates: **Code: 246810-A** W., 4/22 10:00-11:00 AM (1 class)
Res \$20, Non-Res \$22
Code: 246810-B Th., 5/14 6:00-7:00 PM (1 class)
Res \$20, Non-Res \$22

iPhone Camera & Photos Apps – Unlock Their Potential & Functionality

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. A booklet will be presented with step-by-step instructions. Update your phone to the latest iOS 26 version before class (iPhone 11, SE (Gen 2) and newer ONLY).

Instructor: Thom Bell
Location: PCC
Dates: **Code: 245917-A** M. & Tu., 5/18-5/19 6:00-8:30 PM (2 classes)
Res \$25, Non-Res \$28

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: Renshi Ann Peck & Sensei Wally Peck
Location: PCC
Dates: **Code: 225808-A** M., 4/13-6/22 (ex. 5/25) 5:30-6:15 PM (10 classes) Res \$120, Non-Res \$130
Code: 225808-AA W., 4/15-6/24 5:30-6:20 PM (11 classes)
Res \$132, Non-Res \$142

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 enjoy 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.

Instructors: Renshi Ann Peck & Sensei Wally Peck
Location: PCC
Dates: **Code: 225808-B** W., 4/15-6/24 6:30-7:20 PM (11 classes)
Res \$132, Non-Res \$142

Isshin Ryu Karate Green Through Black Belt

Ages: 6 years and over
This is an intermediate to advanced class in which, in addition to belt requirements for advancement, there is an emphasis on improving sparring skills and advanced self-defense techniques. Ideally students at this level are registered for both the Monday and Wednesday classes.

Instructors: Sensei Wally Peck & Renshi Ann Peck
Location: PCC
Dates: **Code: 225808-BB** M., 4/13-6/22 (ex. 5/25) 7:00-8:00 PM (10 classes) Res \$120, Non-Res \$130

Isshin Ryu Karate Black Belt Class

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.

Instructors: Renshi Ann Peck & Sensei Wally Peck
Location: PCC
Dates: **Code: 225808-C** W., 4/15-6/24 6:30-8:00 PM (11 classes)
Res \$132, Non-Res \$142

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: 245921-A** M., 4/13-6/22 (ex. 5/25) 7:00-8:00 PM (10 classes) Res \$120, Non-Res \$130

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: 245805-A** M., 4/13-6/22 (ex. 5/25) 6:00-7:00 PM (10 classes) Res \$120, Non-Res \$130

**Register Online Using
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See Page 9
<https://webtrac.perinton.org>**

**NEW!! Look Younger Instantly:
The Complexion & Color Workshop**

Ages: 18 years and over
Join us for a fun, hands-on color workshop. Together, we'll learn a simple dash-and-go makeup routine that adds brightness, confidence and polish in minutes.

Instructor: Colleen Beckwith
Location: PCC

Dates: **Code: 245946-A** M., 5/18 1:00-2:00 PM (1 class)
Res \$5, Non-Res \$6
Code: 245946-B M., 5/18 7:00-8:00 PM (1 class)
Res \$5, Non-Res \$6

**NEW!! Nature as Medicine:
The Science & Spirit of Grounding**

Ages: 18 years and over
Discover the science and soul of nature-based healing. Participants explore how time outdoors supports mental health, emotional regulation, and overall wellness. This class teaches simple practices to reconnect with calm, balance and belonging.

Instructors: Amanda Toal & Lisa Nichols
Location: PCC

Date: **Code: 245962-A** W., 4/22 6:00-8:00 PM (1 class)
Res \$58, Non-Res \$64

**NEW!! New to Pickleball and Advanced
Beginner Pickleball**

Ages: 18 years and over
New to Pickleball and Advanced Beginner, together at the same time. We will have 2 instructors, one for each class. New to Pickleball class will deal with getting you ready to play. Advanced Beginner will build on the skills you have already learned.

Instructors: Scott Tuttle, Jonathan Schwardt & Sarah Woods
Location: PCC

Dates: **Code: 245302-A** Sat., 4/18-5/9 2:30-4:00 PM (4 classes)
Res \$75, Non-Res \$83
Code: 245302-B Sat., 5/16-6/6 2:30-4:00 PM (4 classes)
Res \$75, Non-Res \$83

Ping Pong Parkinson

Ages: 18 years and over
Improve Parkinson's symptoms while having fun playing ping pong! Research shows that playing ping pong improves physical and cognitive well-being in people with Parkinson's Disease, as it incorporates movement, balance, eye-hand coordination and cognition. Improve your game and your health, make friends and have fun playing with other PwPs and our ball robot!

Instructors: Dan Rothschild, Kathy Lewandowski & Jim Donahue
Location: PCC

Dates: **Code: 245303-A** Th. & Sun., 4/16-6/28 1:00-3:00 PM (22 classes) Res \$65, Non-Res \$72

**NEW!! Radiance At Every Age:
Softer, Younger-Looking Skin**

Ages: 18 years and over
Join us for a fun, hands-on skincare workshop. Together, we'll learn simple, proven tips to prevent dryness and reveal radiant, refreshed skin.

Instructor: Colleen Beckwith
Location: PCC

Dates: **Code: 245926-A** M., 5/11 1:00-2:00 PM (1 class)
Res \$5, Non-Res \$6
Code: 245926-B M., 5/11 7:00-8:00 PM (1 class)
Res \$5, Non-Res \$6

Rochester Yoga in the Park

Ages: 12 years and over
Come breathe fresh air, embrace blue skies and sunshine in Perinton's Center Park as you rejuvenate your mind and reduce your stress with Vinyasa Yoga. Vinyasa is a physical practice attainable by anyone. Synchronized by your breath, this style of yoga is structured to meet you where you are in your practice. Modifications are always offered. www.rocyogainthepark.com.

Instructor: Tiffany Weil
Location: Center Park Amphitheatre

Dates: **Code: 245845-A** W., 6/3-7/1 (ex. 6/10) 6:30-7:30 PM (4 classes)
Res \$56, Non-Res \$62
Code: 245845-AA W., 6/3 6:30-7:30 PM (1 class)
Res \$15, Non-Res \$17
Code: 245845-AB W., 6/17 6:30-7:30 PM (1 class)
Res \$15, Non-Res \$17
Code: 245845-AC W., 6/24 6:30-7:30 PM (1 class)
Res \$15, Non-Res \$17
Code: 245845-AD W., 7/1 6:30-7:30 PM (1 class)
Res \$15, Non-Res \$17

**NEW!! Sacred Self-Care:
Nourishing the Mind, Body & Spirit**

Ages: 18 years and over
Explore how small, intentional acts of care can become meaningful rituals for renewal. We'll discuss holistic self-care from both scientific and emotional perspectives - how stress affects the body, and how rest, movement and reflection restore it. Participants leave with a personal self-care plan that fits real life.

Instructors: Amanda Toal & Lisa Nichols
Location: PCC

Date: **Code: 245963-A** W., 5/20 6:00-8:00 PM (1 class)
Res \$58, Non-Res \$64

**Slave Experience and
the 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: 245260-A** M., 6/1 6:30-8:30 PM (1 class)
Res \$5, Non-Res \$6

Small Group Training

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

Instructor: Alyssa Ziolk
Location: PCC

Dates: **Code: 242801-A** Tu., 4/14-5/12 1:00-1:50 PM (5 classes)
Res \$150, Non-Res \$160
Code: 242801-B Tu., 5/19-6/23 1:00-1:50 PM (6 classes)
Res \$180, Non-Res \$190
Code: 242801-C Th., 4/16-5/14 1:00-1:50 PM (5 classes)
Res \$150, Non-Res \$160
Code: 242801-D Th., 5/21-6/25 1:00-1:50 PM (6 classes)
Res \$180, Non-Res \$190

ADULT PROGRAMS

TAEKWONDO

Family Taekwondo

Ages: 8 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 training environment. www.taekwondoclub.org.

Instructors: Rochester Taekwondo Club

Location: PCC

Dates: **Code: 245847-A** Th. & Sat., 4/16-6/27 6:30-7:30 PM (Th.) & 9:15-10:00 AM (Sat.) (22 classes) Res \$105, Non-Res \$115

Advanced Taekwondo – Blue Belt Up

Ages: 8 years and over
Taekwondo students blue belt and above welcomed to enhance skills 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: 245847-D** Th. & Sat., 4/16-6/27 6:30-7:30 PM (Th.) & 10:00-10:45 AM (Sat.) (22 classes) Res \$105, Non-Res \$115

Tai Chi (Yang Style, Long Form)

Ages: 15 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: 245855-A** Sat., 4/18-6/27 9:00-10:30 AM (11 classes) Res \$88, Non-Res \$97

Teen and Adult Learn to Skate

Ages: 13 years and over
Class is based on the highly successful basic skills program developed by Learn to Skate USA. The beginning ice-skating program is a fun, challenging and rewarding class that serves the needs of the recreational and the aspiring competitive figure skater and builds a strong foundation for hockey players. An additional \$22 fee for USFS LTS registration. Skate rental for additional fee \$4 each, \$24/6 weeks.

Instructor: Pamela Warren

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

Dates: **Code: 135824-CC**** Sun., 4/12-5/17 12:00-12:50 PM (6 classes) Res \$180, Non-Res \$190
Code: 235824-C Sun., 5/24-6/21 12:00-12:50 PM (5 classes) Res \$150, Non-Res \$160
**** Registration is already open for this section.**



Travelers Spanish

Ages: 18 years and over
Make your next trip unforgettable! Learn essential Spanish and travel-ready vocabulary to connect with locals, navigate new places, and handle everyday situations with ease. Perfect for beginners and casual learners or a refresher. This fun, practical course is taught by a native speaker and designed for real-world travel needs—including some of those life's little emergencies! Speak with confidence. Travel smarter, not just farther. This course is designed for curious travelers who want more than just sightseeing—it's about meaningful experiences.

Instructor: Lourdes de la Colina-Scolfield
Location: PCC
Dates:

Part 1

Code: 232880-A Th., 4/16-5/21 (ex. 4/30) 5:00-5:55 PM (5 classes) Res \$129, Non-Res \$139

Code: 232880-B Th., 5/28-6/25 5:00-5:55 PM (5 classes) Res \$129, Non-Res \$139

Part 2

Code: 232880-C F., 5/22-6/26 (ex. 6/19) 12:15-1:10 PM (5 classes) Res \$129, Non-Res \$139

Western Riding for All Ages

Ages: 7-70 years
Taught by a certified Western Trainer, this program is great for anyone who would like to learn how to ride a gentle western trained horse. You will learn basic western maneuvers, correct body position, and neck reining at a walk and a trot.

Instructors: JLD Trainers
Location: JLD Equine, 1942 Turk Hill Road
Dates: **Code: 225911-A** W., 4/22-5/6 7:00-8:00 PM (3 classes) Res \$180, Non-Res \$190
Code: 225911-B W., 5/13-5/27 7:00-8:00 PM (3 classes) Res \$180, Non-Res \$190
Code: 225911-C W., 6/3-6/24 7:00-8:00 PM (4 classes) Res \$240, Non-Res \$250

Women's Self-Defense

Ages: 16 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. Basic Taekwondo skills with practical applications.

Instructors: Rochester Taekwondo Club
Location: PCC
Dates: **Code: 245847-H** Sat., 5/2-5/16 10:45-11:30 AM (3 classes) Res \$10, Non-Res \$11



3% Credit Card fee applies to all transactions

REFUNDS FOR ARTS AND CRAFTS CLASSES: Refunds must be requested a minimum of 7 days in advance of the class. No refunds will be given otherwise. Supplies have been purchased for participants. Supplies must be picked up within 7 days after the class.

BEGINNER WOOD TURNING

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

Instructors: Finger Lakes Wood Turners
Location: Finger Lakes Wood Turners Shop, St. Michael's Woodshop, 691 St. Paul Street, Rochester

Date: **Code: 245879-A** Sat., 5/9 9:00 AM-1:00 PM (1 class)
Res \$45, Non-Res \$50

BEGINNING DRAWING

Ages: 18 years and over
A beginning drawing course for those who have never drawn before, but have always wanted to. You will learn the fundamentals of illustration, from basic shapes to complex imagery as you unlock the Artist from within. Students need to bring their own supplies; supply list on registration receipt!

Instructor: Brian Petty
Location: PCC

Dates: **Code: 242873-A** M., 4/20-5/11 6:00-8:00 PM (4 classes)
Res \$75, Non-Res \$83
Code: 242873-B M., 6/1-6/22 6:00-8:00 PM (4 classes)
Res \$75, Non-Res \$83



BEGINNING WATERCOLOR

Ages: 18 years and over
Have you always wanted to paint, but weren't sure where to begin? In this class, you will learn the fundamentals of watercolor painting. You will be taught lay out, composition color theory, and technique. Bring the world around you to life in beautiful, full color. Recommended pre-requisite - Beginning Drawing class. Students need to bring their own supplies; supply list on registration receipt!

Instructor: Brian Petty
Location: PCC

Dates: **Code: 244800-A** W., 4/15-5/6 6:00-8:00 PM (4 classes)
Res \$75, Non-Res \$83
Code: 244800-B W., 5/20-6/10 6:00-8:00 PM (4 classes)
Res \$75, Non-Res \$83

NEW!! CROCHET PIPER THE PENGUIN

Ages: 12 years and over
Who is black and white and cute all over? Piper the Penguin! Come and learn how to crochet this sweet little penguin! She's made of easy shapes and can be crocheted in any colors you want. You will need to know how to single crochet for this class. You can use medium weight for yarn for a 6-inch penguin or chenille yarn for an 11-inch penguin. Complete material list will be emailed 1 week prior to the class.

Instructor: Sharilyn Ross
Location: PCC

Dates: **Code: 222804-H** M., 6/1-6/22 6:00-7:00 PM (4 classes)
Res \$40, Non-Res \$44

DROP IN ART

Ages: 18 years and over
This class is full of inspiration, fun and friends! A wide variety of mediums are represented including watercolors, water based oils, acrylics, pastels, pen and pencil, markers, charcoal and collage. While formal instruction is not provided, participants share their experience and knowledge while providing assistance, advice and encouragement.

Instructors: Ann Hallick & John Tolley
Location: PCC

Dates: **Code: 242830-A** W., 4/15-6/24 1:00-3:30 PM (11 classes)
Res \$22, Non-Res \$24

DROP IN ART II

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

Instructors: Bill Ebersbach & Ginny Dormer
Location: PCC

Dates: **Code: 242830-AA** Th., 4/16-6/25 9:30-11:30 AM (11 classes)
Res \$22, Non-Res \$24

Register Online Using Our WebTrac System

See Page 9

<https://webtrac.perinton.org>

ADULT ARTS & CRAFTS AND COOKING

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: 222804-A** M., 4/13-4/27 6:00-7:00 PM (3 classes)
 Res \$30, Non-Res \$33

NEW!! NEEDLES AT NOON: GRANDMA'S FAVORITE DISH CLOTH

Ages: 12 years and over
 Are you looking for a great first knitting project? This is the project for you! We'll be knitting the always useful Grandma's Favorite Dish Cloth. We'll make this using only the knit stitch! Please bring size 8 knitting needles and a medium weight cotton yarn to class. Skills required: The knit stitch. Skills learned: How to increase and decrease stitches and how to read knitting patterns.

Instructor: Sharilyn Ross
Location: PCC
Dates: **Code: 222804-K** Tu., 6/16-6/23 12:00-1:00 PM (2 classes)
 Res \$20, Non-Res \$22

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
Dates: **Code: 222804-C** Tu., 5/26-6/9 12:00-1:00 PM (3 classes)
 Res \$30, Non-Res \$33



NEW!! THE ART OF THE FLOWER CROWN

Ages: 6-99 years
 Unleash your creativity in this fun, hands-on workshop designed for anyone ages 6-99! Using a beautiful variety of artificial flowers, you'll learn simple techniques for arranging blooms, choosing colors, and building your very own custom flower crown. No experience is needed - just come ready to create, explore your artistic side, and leave with a one-of-a-kind accessory you can proudly wear home.

Instructor: Taylor Spencer
Location: PCC
Dates: **Code: 252135-A** W., 4/15 6:30-8:00 PM (1 class)
 Res \$39, Non-Res \$43
Code: 252135-B W., 4/29 6:30-8:00 PM (1 class)
 Res \$39, Non-Res \$43
Code: 252135-C W., 5/20 6:30-8:00 PM (1 class)
 Res \$39, Non-Res \$43
Code: 252135-D W., 6/3 6:30-8:00 PM (1 class)
 Res \$39, Non-Res \$43
Code: 252135-E F., 6/19 6:00-7:30 PM (1 class)
 Res \$39, Non-Res \$43

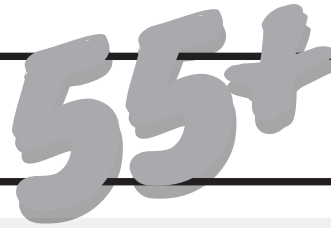
WATERCOLOR FLORALS - PAINT YOUR GARDEN

Ages: 18 years and over
 Enjoy some color ahead of the Spring blooms by painting flowers with Toi Clawson of Women Create Weekly. Learn how to capture the petals and leaves of your garden. If you've wanted to paint your favorite flowers, come learn techniques and have fun with watercolor.

Instructor: Toi Clawson
Location: PCC
Dates: **Code: 242906-A** Tu., 4/14-5/5 10:00 AM-12:00 PM (4 classes)
 Res \$72, Non-Res \$79



PERINTON



Office Hours

Monday through Friday

7:30 am - 3:30 pm

Phone: (585) 223-1617

www.perinton.gov

Diane Gibson - 55+ Program Supervisor

Maggie Monsen - Office Clerk

Retired Men's Club Monthly Meeting

First Tuesday of the Month

10:00 AM

Retired Women's Club Monthly Meeting

Third Tuesday of the month

2:00 PM

55+ Couples Group Monthly Meeting

Third Monday of the month

6:00 PM



Offering the Highest Quality of Aquatic & Land Therapy Exercises

Don't wait to start feeling better!

Direct Access / No Prescription Or Referral Necessary

Call 364-0136 to schedule an appointment or stop in

Room #211

HOURS:

Mon - Thurs: 7am-7pm / Fri: 8am-2pm

Closed Saturday & Sunday

Monthly educational presentations on the third Wednesday of the month!

CURBSIDE TO-GO

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



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

A discount is applied for ordering all four days. In addition to the daily special, Chef Joe Brophy prepares homemade soups, sandwiches, and salads. These are available as an add-on to any meal, or solo.

Call our office for more information!



PERINTON AMBULANCE

Blood Pressure Checks

Scheduled Tuesdays & Wednesdays of the month

9am - 11am

Check 55+ Newsletter for Details

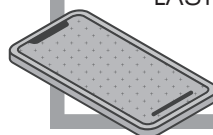
TECH CLASSES

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

LAST WEDNESDAY EVERY MONTH!

1:00 - 2:30 PM

Registration Required

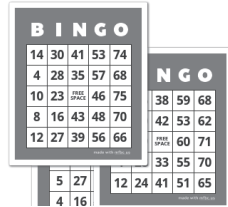


PERINTON 55+

Community Room Games Schedule

Mondays

Bingo - 1:00 PM
Mah Jongg 1:00 PM



Tuesdays

Mah Jongg - 9:30 AM
Euchre - 12:30 PM
Pinochle - 3:00 PM



Wednesdays

Bridge - 12:45 PM



Thursdays

Mah Jongg - 9:30 AM, 1:00 PM
Hand & Foot - 12:30 PM
Pinochle - 2:00 PM



Fridays

Pokeno! - 1:00pm
Board Games - 1:00 PM
(Observation Deck - Bill attends the first meeting every month)



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, trips and local happenings. Call 223-1617 or register on 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 2:00pm on Tuesdays at the PCC (Room 204 A/B) and performs seasonally for senior living communities, nursing homes, and various senior groups.

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

55+ FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - Kristi Tai-Yo Room 204 A/B	8:30 - Karen Classic Room 204 A/B	8:00 - Lin Circuit Room 204 A/B	8:30 - Denise B Classic Room 204 A/B	8:00 - Karen Bone Builder Class Aerobics Room
9:00 - Andie Yoga Room 204 A/B	8:30 am - Bonnie Yoga Aerobics Room	8:00 - Joween Step Interval Aerobics Room	8:30 - Karen Experience Aerobics Room	8:00 - Joween Yoga Room 204 A/B
9:00 - Marjory Total Body Aqua Size (Water in Motion) Lap Pool	8:35 - Marsha Young Aqua Fit Lap Pool	★ 8:00 - Kristi Core Room 208B	★ 8:30 - Bonnie Yoga Room 208B	9:00 - Marjory Total Body Aqua Size (Water in Motion) Lap Pool
9:00 - Kristi Zumba Gold Light Aerobics Room	9:30 - Karen Circuit Room 204 A/B	9:00 - Lin Yoga Room 204 A/B	9:30 - Denise DP Experience Room 204 A/B	9:00 - Karen Circuit Aerobics Room
★ 9:00 - Denise B Stretch Room 208B	9:30 - Bonnie Zumba Gold Aerobics Room	9:00 - Joween CardioFit Aerobics Room	9:30 - Bonnie Zumba Gold Aerobics Room	9:00 - Karen Circuit Aerobics Room
10:00 - Kristi Classic Room 204 A/B	9:30 - Marsha Young AQUA ENDURANCE Current Channel	9:00 - Kristi Back to Basics Room 208B	9:30 - Marsha Young Aqua Endurance Current Channel	9:00 - Joween CardioFit Room 204 A/B
10:00 - Andie Classic Room 208B	10:30 - Lin Classic Room 204 A/B	10:00am - Joween Yoga Aerobics Room	10:30 - Denise B Bone Builder Class Aerobics Room	10:00 - Marjory Let's Get Moving Lap Pool
10:00 - Denise DP Circuit Aerobics Room	10:30 - Kristi CardioFit Aerobics Room	10:00 - Kristi Classic Room 204 A/B	10:30 - Karen Classic Room 204 A/B	10:00 - Joween Classic Room 204 A/B
10:00 - Marjory CIRCLE AQUA VOLLEY BEACH BALL Lap Pool	10:30 - Marsha Young Aqua Circuit Current Channel	10:00 - Marjory Let's Get Moving Lap Pool	★ 10:30 - Denise DP Circuit 208B	★ 10am Denise B Stretch Aerobics Room
11:00 - Kristi Zumba Gold Room 204 A/B	11:30 - Lin Yoga Room 204 A/B	11:00 - Kristi Zumba Gold Room 204 A/B	10:30 - Marsha Young Aqua Circuit Current Channel	12:15 - Marcie B. SHA-DEEP Lap Pool
11:00 - Denise DP Booty Barre Aerobics Room	11:30 - Kristi Classic Aerobics Room	★ 11:00 Joween Classic Aerobics Room	11:30 - Denise DP Booty Barre Aerobics Room	
12:00 - Denise DP Cardio Kickboxing Aerobics Room		12:00 pm - Kristi Silent Movement & Meditation Room 208B	11:30 - Lin Yoga Room 204 A/B	

SAMPLE ONLY

★ **New Class Added**

Classes are subjected to change or cancel up to day of

Instructors subject to change

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

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



55+ FITNESS CLASS DESCRIPTIONS

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

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

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

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. Class 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. Class time: 45 minutes

Silent Movement & Meditation

Low impact. Fascia stretching to help your stiffness. Gentle stretch, calm and flow movement allows your connective tissue to relax and expand slowly. Find the balance you need while strengthening your muscles. We'll work on improving balance and the range of motion you are comfortable with. Build confidence in your movement. Class time: 45 minutes

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. 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

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

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. Class time: 45 minutes

Booty Barre

Come get body changing results in a low to no impact workout for all fitness levels! Barre incorporates flexibility and strengthening moves in all three planes of motion. Barre signature sequencing is great for body alignment, core stability and joint mobility. Glider discs and body bars will also be used. Strengthening floor work completes our workout (alternative moves to floor work will be offered). Class time: 45 minutes

Stretch

Renew yourself as you work on total body flexibility, relaxation, and deep breathing. The class consists of relaxing music with stretches starting from the neck and working down the body. We begin with standing stretches and eventually lying on the floor. No forceful stretching, as everyone proceeds at their own ability. The goal here is to gradually increase range of motion in the joints and keep the muscles flexible, strong, and healthy. A chair will be offered for anyone wishing the support, and mats are available or you are welcome to bring your own. The class will end with diaphragmatic breathing to lower blood pressure, increase oxygen in the blood, and lower the heart rate. Class time: 45 min

Core

Core training can improve stability, balance, posture and it enhances performance of everyday tasks easier by stabilizing the spine and pelvis to transfer force effectively between the upper and lower body. We'll target and work our core utilizing low impact exercise on the floor and chairs. You'll need to bring a yoga mat.

Back to Basics

Our lowest impact class. Gentle and slow movement throughout the class. Participants will work within their own range of motion. Low impact to help with maintaining flexibility & to prevent stiffness. Work in a calm and peaceful atmosphere.

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

Water in Motion

Groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill, and fitness. With land equivalent intensity, enjoy the pure fun of this 55-minute water extravaganza. Class time: 55 minutes

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

Circle Aqua Volley Beach Ball

Exercise your muscles, jump, reach, laugh and improve your reflexes. ****Not actual volleyball.****

Aqua Endurance

The current channel provides unique resistance, endurance and balance, challenges while improving strength, stamina and posture

Aqua Circuit

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.

She-Deep

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!

Members of SilverSneakers, Silver&Fit, and Renew Active qualify for ALL of the classes (FREE). 55+ non-members of SilverSneakers/Silver&Fit/Renew Active pay a \$5.25 Drop-In Fee or you may purchase a 10-class pass for \$45.00 or an unlimited monthly class pass for \$50.00. Schedule is subject to change. Call 223-1617 with questions. **You must reserve your space in class on the Acuity website.** Visit www.perinton.gov and click on "PCC Schedules." These classes are found under "55+ Fitness Classes."

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



Gift Certificates

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

Volunteering

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

Part-Time Positions

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

ASSET BUILDING IN OUR COMMUNITY

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



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

MISSION STATEMENT

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

Americans with Disabilities Act Compliance

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

Fairport Central School District

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

INSURANCE INFORMATION

SilverSneakers

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

Silver & Fit

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

Renew Active

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

TOWN OF PERINTON

Perinton Town Board

Jenn Townsend, Supervisor

Meredith Stockman-Broadbent

Michael Folino

Emily Mischler

Dave Masterson

Andrew G. Gilchrist, Town Clerk

Recreation and Parks Advisory Board

Al Chesonis, Chairperson

Amy Bender

Michael Coppola

Emily Chisholm-Gallagher

Paul M. Fioravanti

Jayne LaFay

James Unckless

Perinton Recreation and Parks Department

1350 Turk Hill Road, Fairport, New York 14450

Office Phone: 223-5050 • Office Fax: 223-4045

Office Open Monday - Friday, 9:00 AM-5:00 PM

Staff serving your recreation needs:

Jeff Nutting, CPRP - Commissioner of Recreation and Parks

Nick Berlin, CPRP - Recreation Director

Kelly Attridge - Assistant Recreation Director

Michael Clark - Senior Recreation Supervisor

Janelle Reed - Recreation Supervisor

Sydney Steele - Recreation Supervisor

Joe Kincaid - Recreation Supervisor

Laura Silins - Aquatics Recreation Supervisor

Sean Anne - Lifeguard Lieutenant

Emily Newsome - Aquatics Recreation Leader

Diane Gibson - 55+ Program Supervisor

Joe Brophy - Cook

Michelle Reus - Office Clerk

Maggie Monsen - Office Clerk

Rebecca Drumm - Office Clerk

Amy Kelley - Office Clerk

Scott Allen - Facility Manager

Mike Sozio - PCC Custodian

Jon Pitre - Building Attendant

Chris Dudley - Director of Parks

Dillon Dayton - Parks Foreman

Dan Frederes - Shop Mechanic

Rob Cooper - Ground Equipment Operator

Michael Lioudis - Ground Equipment Operator

Matt Loveless - Ground Equipment Operator

Noah Brown - Laborer

Ryan Fox - 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.gov. 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.gov). More information on program and facility accessibility can be found on our website following this QR code:



FINANCIAL SCHOLARSHIPS

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



REGISTRATION

Residents – Registration begins M., March 30, 2026 at 10:00 AM
Non-Residents – Registration begins M., April 6, 2026 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

Plan ahead. Save more.

A 3% processing fee now applies to all credit card transactions. This fee is charged by the credit card processor and is not retained by the Town. You can avoid added costs by paying with cash or check (no fee) or e-check (\$1 fee).

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 3/30 (Residents) and at 10:00 AM on 4/6 (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.gov), 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 online at www.perinton.gov. 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 nd Choice Code

Total Amount: \$ _____

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

(Checks Payable to Perinton Recreation & Parks Department)

INDICATE METHOD OF PAYMENT: CASH _____ CHECK* _____



NAME AS IT APPEARS ON CARD _____

CREDIT CARD NO. _____ EXPIRATION DATE _____ AMOUNT _____

SIGNATURE OF CARD HOLDER _____

Receipt # _____

(for office use only)

***Separate checks required for each program**



Perinton Recreation and Parks Department

1350 Turk Hill Road
Fairport, NY 14450

PRSRT STD
US Postage
PAID
Fairport, NY
Permit #262

PERINTON TOWN OFFICIALS

Councilperson David Masterson, Councilperson Emily Mischler, Councilperson Meredith Stockman-Broadbent, Councilperson Mike Folino, Town Clerk Andrew Gilchrist, Town Supervisor Jenn Townsend (left to right)

**ECRWSS
POSTAL PATRON**

**Proud
to Support
Perinton
Recreation
& Parks**



Move Better. Feel Better. Live Better.

Conveniently located in Room #211

Conditions treated:

- Chronic Pain
- Orthopedic Injuries
- Pre & Post Surgical Rehab
- Sports Injuries

Services provided:

- Aquatic Therapy
- TPI Golf Rehab
- Vestibular Rehab

Call (585) 364-0136 or stop in our clinic
to set up your appointment today!

mvptny.com