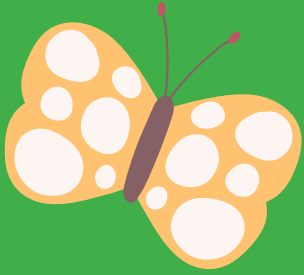


R GUIDE

Spring 2024



REGISTER TODAY

Programs Begin March 1

**Skateboarding is alive and
well in the City of Rochester**

PAGE 4

*It's Spring!
Let's Grow.*



Malik D. Evans, Mayor

City of Rochester, NY • Rochester City Council

Welcome!

Spring is blooming and there's no better time to enjoy the many exciting programs and services offered at City of Rochester R-Centers. Whether you like dancing, hiking, cooking, sports, or any of the hundreds of activities we offer, children and families will have no trouble keeping physically active, mentally engaged, and emotionally supported after school and throughout the season.



Discover a new hobby, reconnect with nature, or simply enjoy the company of your neighbors. Our R-Centers are filled with joy, laughter, and unforgettable memories and our caring and dedicated staff and community partners are ready and waiting to welcome you and your family. Their creativity and friendly smiles make our R-Centers special.

Now, embrace the spirit of spring and take full advantage of the many wonderful opportunities available at City R-Centers this season.

Mayor Malik D. Evans

Fun is in the air this spring!

It's finally time to shake off the winter chills and discover a new and fun adventure. Perhaps you're a budding chef ready to dive into the culinary arts. Maybe the step and dance team is calling your name, or the softball team is drawing you up to bat. City of Rochester R-Centers provide endless opportunities to make friends and have fun.



Before I became the Commissioner of the City's Department of Recreation and Human Services, I was a kid who attended Rochester's recreation centers and I can tell you, those times are some of my fondest memories and they can be yours too.

Gather your family together and flip through these pages to find something special for each one of you to enjoy.

Commissioner Shirley J. A. Green



SPRING PROGRAMS RUN MARCH 1 – JUNE 30

Programming Fee Change for Non-City Residents:

The Sports Complex All Access Pass membership provides unlimited drop-in use for the programs and fitness rooms at the Rochester Community Sports Complex. In 2023, the fee structure has changed for the All Access Pass membership. The membership will remain free for all City of Rochester residents. Non-resident adults (18+) will be charged \$40/year and children (up to age 17) will be charged \$10/year.

Additionally, select recreation, youth services, athletics, and aquatics programs are \$5 per program for non-resident participants.

Department of Recreation and Human Services

Dr. Shirley J. A. Green, Commissioner

Contact Us 57 St. Paul St. • Rochester, NY 14604
Phone: (585) 428-6755 • 9 a.m. to 5 p.m., weekdays
Permits Office closed from 1 to 2 p.m. for lunch



*Hey Spring,
how's it
growin'?*

KEY:

R-Center Amenities

	Playground		Teen Lounge
	Outdoor Courts		Fitness Center
	Indoor Pool		Computer Lab
	Outdoor Pool		Meals
	Spray Park		Community Meeting Space
	Gym		Performance Space
	Game Room		

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Skateboarding is alive and well in the City of Rochester

GET ON

Like many products from the youth counterculture of previous generations, skateboarding has rolled into the mainstream, but with a gnarly grace all its own.

From humble beginnings when children created a new toy by mounting wooden boards onto salvaged roller-skate wheels to the gravity-defying stunts conceived by rebellious surfers in the empty pools of drought-stricken Southern California, skateboarding has grown into a multi-billion-dollar sport on the world stage.

And the City of Rochester is well on board.

As a component of the ongoing ROC the Riverway waterfront revitalization program, the City completed the first phase of the ROC City Skatepark in 2020 and is actively working to complete the next two phases by the end of 2026. The response so far, to say the least, has exceeded expectations (at least to those outside of the local skateboarding community).

Almost every day, in just about any weather during all available hours, skateboarders of all skill levels converge on the Skatepark in droves to face down their fear of falling with the finesse of flying. To attract more city youth to this increasingly popular sport, the City Recreation and Youth Services unit is partnering with leading players among Rochester's skateboarding scene to offer introductory and skill-building workshops in City

R-Centers.

"We have already invested millions of dollars in our Skatepark, and we're investing millions more on future phases, all to answer a demand that comes directly from the community we serve," said Dr. Shirley Green, Commissioner of the Department of Recreation and Human Services. "That tells you this is a fun activity that people want to engage in, so we want to make that activity available to all our kids. But if we're going to do that, just like we do with all our programs, we're going to sprinkle a little bit of learning in with that fun."

The "Learn to Skateboard" workshops are taught by volunteers from Friends of the Roc City Skatepark and Rolling Resettlement. They incorporate a curriculum developed by Skateistan, an international Non-Governmental Organization that seeks to introduce the sport to at-risk BIPOC and migrant communities to build diversity, equity, inclusion and resilience.

More than 400 young people across seven R-Centers have participated in the workshops over the past two years and two R-Centers will host workshops during the Spring programming season.

Michael Riordan, President of Friends of the ROC City Skatepark, said the volunteers love sharing the joy of skateboarding with city youth. Not only is it good for the sport, it's good for young people because skateboarding develops

tools to navigate life on and off the board, including physical fitness, social engagement and mental toughness.

"Falling down and getting back up is literally something skateboarders are proud of and look forward to because they know it's the only way to get better at something they love," he said, adding that the workshops emphasize safe falling techniques and properly fitted protective gear.

And, despite the solo nature of the sport, Riordan said, skateboarding teaches teamwork and promotes conflict avoidance because skateboarders tend to gravitate to the same skate spots, where they take turns on the features and encourage each other to keep trying.

"Skateboarding is a lifestyle with its own etiquette that stretches across borders and cultures and even languages," he said. "You can bring your skateboard anywhere in the world and make a new friend."

To learn more about Rochester's skateboarding scene and partners, visit:

roccitypark.org/wp

facebook.com/RollingResettlement

instagram.com/et_cbandg

skateistan.org

goodpush.org



BOARD!



"Skateboarding is about embracing failure and getting back up to try again. It's also about learning to see the world around you."

- Tony Hawk, professional skateboard champion, pioneer, entrepreneur and philanthropist

**Classes
Start
April 1**

Skateboards
and safety
equipment provided
during sessions.

LEARN TO SKATEBOARD

Carter Street R-Center
500 Carter St.
Fridays, 4 – 6 p.m.
(Starting 04/01- 05/31)

Edgerton, R-Center
41 Backus St.
Mondays, 5 – 7 p.m.
(on going until 05/31)

FOR YOUTH
6-18



WORKSHOPS HOSTED BY:
Friends of the Roc City Skatepark,
Rolling Resettlement, and the
Department of Recreation.

FOR MORE INFORMATION:
Sara.Scott@CityofRochester.Gov

R-Signature Programs

Some of our programs are so great, we just had to offer them in multiple locations! We've compiled all R-Center signature offerings in one place to make it easy for you to find a time and location that suits you best.

R-Stars After School Program: The R-Stars After School Program is a free, open recreation program that provides a fun and nurturing after school environment. Participate in a variety of recreational activities to stay safe and engaged after school. Email RCenterinfo@cityofrochester.gov for more information.



R-Teens After School Program:

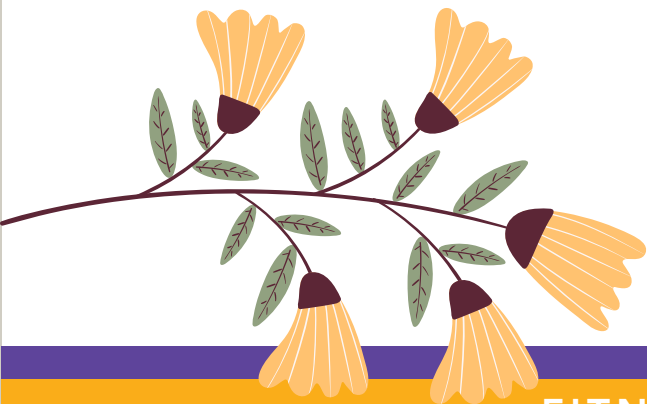
R-Teens is a free, open recreation, after school program. Enjoy sport and fitness activities, dance and step, gaming, socializing with friends, field trips, special events and more! Email RCenterinfo@cityofrochester.gov for more information.





Young People Advancing Forward: In this youth development group, advance your life through skill building, educational workshops, service learning, field trips, and more.

Youth Voice One Vision: Learn to use your voice, implement R-Center programs and activities, and engage in social events that build community engagement.



Fun Fact

The word "spring" for this season originates from the concept of plants "springing" from the ground during this time of year. What are your favorite blooms?

FITNESS CENTER HOURS

Adams

85 Adams St.
M-F, 3 – 8:45 p.m.
Sat., 10 a.m. – 4 p.m.

David F. Gantt

700 North St.
M-F, 10 a.m. – 9 p.m.
Sat., 9:30 a.m. – 4:30 p.m.

Frederick Douglass

999 South Ave.
M-F, 2:30 – 8:30 p.m.
Sat., 10 a.m. – 4 p.m.

Trenton & Pamela Jackson

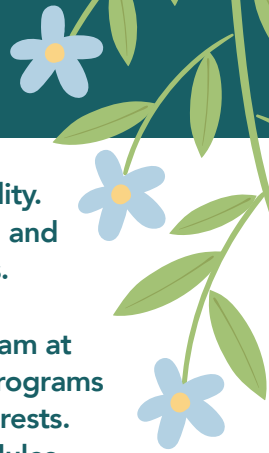
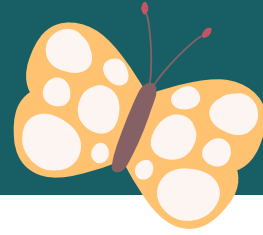
485 N. Clinton Ave.
M-F, 10 a.m. – 8:30 p.m.
Sat., 10 a.m. – 4 p.m.

Willie W. Lightfoot

271 Flint St.
M-F, 2:30 – 8:30 p.m.



R-Select Programs



Rochester's R-Centers share many similarities yet still have their own unique personality. Each center offers a variety of personalized activities, courses, teams, clubs, leagues, and groups to ensure members have a great time while nurturing their minds and bodies.

As a registered R-Center member, you have the flexibility to participate in any program at any center, regardless of its location. Take a look at the summary index of R-Select Programs in the following pages to discover activities that align with you and your family's interests. After that, simply visit the R-Center page where the program is offered to find schedules and contact information.

Youth Programs: Stay physically active and mentally engaged after school

Life Skills and Friendship Development: *Learn and practice life skills to form healthy friendships and prepare for a lifetime of growth and learning.*

- **Being Bosses:** Learn what it takes to be a productive citizen through activities and projects in the R-Center. **Avenue D**
- **Home Ec at the Rec:** Learn how to prep and cook meals in a fun and innovative way. **Avenue D**
- **Life Skills:** Learn basic life skills as teens to be prepared for adulthood. **Lightfoot**
- **Teen Turn Up:** Learn more about yourself, socialize with your peers, and have fun! **Lightfoot**
- **Cuts Above the Rest:** Score a free haircut with Jamere as a reward for being outstanding at school and in the R-Center. **Ryan**

Gaming and Interest Clubs: *Learning and engaging through healthy play.*

- **Video Game Challenge:** Challenge a friend to competitive games on PlayStation and Nintendo Switch. **Avenue D**
- **PC Gaming:** From basic to advanced skills, learn to master PC and game console gaming. **Gantt**
- **Coding and Legos:** Discover coding and Lego building. **Jackson**
- **Intro to Darts:** Come learn how to play cricket and 01 dart games and enter a fun league. **Carter**

Nature and Outdoor Activities: *Discover yourself through the world you live in.*

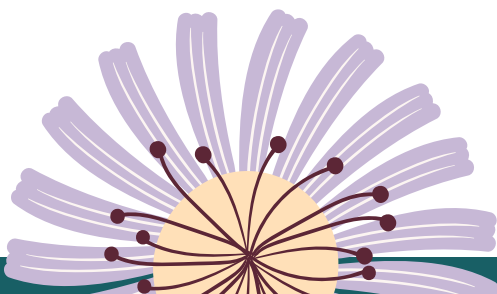
- **Earth Explorers:** In this nature-based program, immerse yourself in the amazing natural world around you. Centered on the Children's Outdoor Bill of Rights, activities include RocVentures rock climbing sessions, fall field trips, indoor STEAM activities, and more! **Edgerton, Ryan, Jackson**
- **Hiking & Fishing:** Explore nature while hiking and fishing at various sites around Monroe County. **Ryan**

Open Sports and Play: *Sharpen your game through Open Rec: Enjoy the R-Centers' world class athletic facilities during unstructured hours.*

- **Open Basketball:** Come shoot some hoops or play pickup games of basketball. **Adams, Carter, Cauldwell**

Teams, leagues, and organized play: *Learning resilience through healthy competition.*

- **Girls Volleyball Clinics:** Enjoy fun and competitive volleyball games. **Douglass**
- **Soccer:** Enjoy fun and competitive soccer games. **Adams, Carter**





- **Volleyball:** Enjoy fun and competitive volleyball games. **Avenue D**
- **Boys Baseball:** Gain top-notch knowledge and baseball skills. **Douglass**
- **Girls Flag Football:** Step onto the flag football field for fun and camaraderie. **Ryan**
- **Biddy Basketball:** Have fun in basketball instructional sessions and games. **Adams, Jackson**
- **Wheelchair Basketball:** Have fun in basketball instructional sessions and games. **Jackson**
- **Fitness:** Through teams sports and league play, develop strong leadership skills, sportsmanship, and friendships. **Gantt**
- **Group Games:** Try your hand at classic and modern games such as mat ball, dodgeball, kickball. **Ryan**
- **Girls ROC Athletics:** Have fun and tap into the empowerment sports can provide. **Ryan**
- **Skateboarding Workshops:** Learn skateboarding basics. **Carter, Edgerton**
- **Dr. Kame Martial Arts:** Learn martial arts skills for overall well-being. **Adams**

Coaching and Training: *Striving for excellence in favorite sports.*

- **Sports Conditioning:** Through training and preparation, enhance your athletic abilities and performance. **Edgerton, Cauldwell**
- **Girls Volleyball Clinic:** Enhance your volleyball skills to be ready for the spring season. **Douglass**
- **Girls Softball Clinic:** Enhance your softball skills to be ready for the spring season. **Douglass**
- **Boys Baseball:** Enhance your baseball skills to be ready for the spring season. **Douglass**
- **Charles Murray Boxing:** Discover the rewards of boxing training, matches, and discipline. **Jackson**

Educational Enrichment: *Preparing for a lifetime of learning.*

- **Cursive Writing:** Learn how to write in cursive. **Ryan**
- **Attain Lab:** Strengthen your digital skills through computer education and programming. **Jackson**

- **Flocabulary:** A literacy enrichment program with engaging multimedia. **Lightfoot**
- **Teen Coalition:** Talk about current events and the topics that matter to you. **Avenue D**
- **RMSC Science Program:** Join us as we team up with the Rochester Museum & Science Center for interactive science experiences. **Carter**
- **Homework Helpers:** Let our homework helpers make learning fun and cheer you on as you complete your schoolwork. We're ready to help! **Adams, Carter**

Cooking and Nutrition: *Preparing delicious and healthy meals at home.*

- **Cooking Class:** Dive into the culinary arts and learn how to cook meals and snacks. **Douglass**
- **R-Junior Chef:** Youth will be introduced to the exciting world of cooking, fostering a love for food exploration, creativity, and culinary skills development. **Adams**
- **Cooking Class:** Learn to cook fun, simple snacks and meals. Class will be offered on a first come first serve basis to the first 10 people. **Lightfoot**
- **Top Chef:** Discover hands-on demonstrations of culinary arts to explore the career field and enjoyment of preparing food. **Gantt**
- **Cheffing it up:** Discover basic cooking skills, recipes, measurements, and flavorful foods. **Edgerton, Cauldwell**

Arts and Crafts: *Expanding the mind with creativity.*

- **Getting Crafty:** Are you a little crafty or like working with your hands? Come do some old school arts and crafts with us. **Adams**
- **Digital Art Program:** Engage in unique forms of artistic expression while learning how to manipulate music, images, sounds, movements, voice and text. **Gantt**
- **Air Brush Program:** Develop your artistic skills through airbrush design and retro clothing. **Gantt**
- **Paint and Bake Ceramics:** Learn the basic art of ceramics. **Edgerton**
- **Color Me Creative:** Enjoy paper and canvas art. **Edgerton, Cauldwell**
- **ROCdrummers:** Students learn to make music on tubanos, a hand drum originating from African traditions. **Jackson**
- **ROCmusic Rhythm:** Find your rhythm with keyboard, bass guitar, drums and studio production. Learn and perform with ROCmusic. **Gantt**
- **ROCmusic Gospel Choir:** Share in the joy of singing with ROCmusic. **Gantt**

R-Select Programs

Dance Classes and Teams: *Making friends to favorite rhythms and beats.*

- **Changing Faces:** Step to the beat in this coed step program. **Avenue D**
- **Roc Royals Step & Dance Team:** Strengthen self-esteem and team building through the art of step and dance. **Gantt**
- **Grupo Cultural Latinos Dance:** Get moving with Latinos modern and historical cultural dance. **Gantt**
- **Dance:** Express yourself through dance. **Edgerton, Cauldwell**
- **Dance Fitness:** Combine dance and fitness into a fun workout routine with Bri and Shalonda. **Lightfoot**



Adult Programs: Opportunities for physical fitness, social engagement, and continued learning.

Sports and Fitness

- **Open Basketball:** Come shoot some hoops or play pickup games of basketball. **Adams, Avenue D, Carter**
- **Adult Invitational Basketball:** Sign up to be part of invitational basketball nights. Register on R-Central as space is limited. **Douglass**
- **3 vs 3 Women's Basketball League:** Compete for victory on the court in teams of three. **Adams**
- **Get Fit with King Buck:** Want to enjoy getting fit and eating healthier? Join the adult Get Fit with King Buck 6-week fitness program. **Lightfoot**
- **Fitness Workout with CG:** Engage in a healthy and fun workout. **Douglass**
- **Ladies Night Open Gym:** Play an array of sports with other women. **Ryan**
- **Open Weight Room:** Need a quick workout? Build your best body in an R-Center gym. **Adams, Carter**
- **Soul Fitness:** Get a great aerobic workout through dance-inspired routines. **Ryan**
- **Soul Line Dancing:** Line dances that everyone can learn. **Ryan**
- **Pickle Ball:** Enjoy fun and competitive pickle ball games. **Ryan**

Continuing Education, Networking Fellowship

- **Good Herb (Healthy Nutritional Drinks):** Learn traditional methods of creating nutritional drinks that boost energy and physical health. **Gantt**
- **Ibero Seniors:** Socialize through senior bingo, trips, and more. **Jackson**



85 Adams St. 428-7266

M-F, 2 – 9 p.m.
Sat. 9:30 a.m. – 4:30 p.m.



R-Junior Chef: Ages 9-15. [Wed., 4 – 5 p.m.](#)
Homework Helpers: Ages 6-13. [Mon.-Fri., 4 – 5 p.m.](#)
Getting Crafty: Ages 6-14. [Tue., 4 – 5 p.m.](#)
Open Soccer: Ages 8-15. [Wed., 6 – 8 p.m.](#)

Open Weight Room: Ages 16+. Mon.-Fri., 3 – 8:45 p.m., Sat., 10 a.m. – 4 p.m.

Call
428-7266
for more
information on
these programs

The Adams Street garden was built in Spring of 2019. The prominent location and accessibility of this garden has made it a showcase in the neighborhood and has made engaging the curiosity of our youth even easier. Many community members regularly harvest from the space to cook at home, in addition to cooking on site in our regularly scheduled programming.



Did you know that a total solar eclipse will happen here in Rochester between 2:07 and 4:33 p.m. on Monday, April 8? The last total solar eclipse visible in Rochester was 99 years ago!



DON'T BE LEFT IN THE DARK

**CITYOFROCHESTER.GOV/
2024ECLIPSE**

Avenue D

R-CENTER

200 Ave. D • 428-7934

HOURS

M-F, 2 – 9 p.m.

Closed Sat.



R-Signature Programs (Details on pages 6 & 7)

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Mon., 6 – 7 p.m. Tue., 6 – 7 p.m.

Youth Voice One Vision: Ages 10-17. Wed., 6 – 7 p.m.



R-Select Programs (Details on page 8-10)

Intramural Sports: Ages 8-17. Mon., Wed., Fri., 6 – 8 p.m.

Teen Coalition: Ages 10-17. Mon., Wed., Fri., 4 – 5 p.m.

Volleyball: Ages 14-18. Thu., 6 – 8 p.m.

Video Game Challenge: Ages 8-13, 14-17. Mon. – Fri., 3–4 p.m.

Changing Faces: Ages 6-17. Fri., 6 – 7:30 p.m.

Home Ec at the Rec: Ages 6-17. Tue., 4:30 – 6 p.m.

Being Bosses: Ages 6-17. Thu., 4:30 – 5:30 p.m.

R-Select Programs for Adults

(Details on page 10)

Adult Open Basketball: Ages 18+. Mon., Tue., Wed., 6 – 8:30 p.m.

Call
428-7934
for more
information on
these programs

Games
REC AT THE LODGE
Arts FUN!
After School
Recreation



homework
HELP

FREE!

what:

Homework help, STEAM activities, group games, arts & crafts and more!

when:

3-7 PM, MON - FRI
January 1 - June 21

where:

Norton Village Lodge
350 Waring Road

Learn more!

Contact Arianna.Thomas@cityofrochester.gov



Rcentral

online

Register on R Central
cityofrochestergov/r-central

Carter Street

R-CENTER

500 Carter St. • 428-7890

HOURS

M-F, 2 – 9 p.m.
Closed Sat.



R-Signature Programs (Details on pages 6 & 7)

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Thu., 5:30 – 6:30 p.m.

Youth Voice One Vision: Ages 10-17. Tue., 4 – 5 p.m.

R-Select Programs (Details on page 8-10)

Homework Helpers: Ages 6-18. Mon.-Fri., 2 – 3:30 p.m. Ages 6-13. Tue., 5:30 – 6:30 p.m.

Intro to Darts: All Ages. Mon.-Fri., 5 – 8 p.m.

Open Basketball: Ages 16+. Mon., 6 – 8:30 p.m.

Call
428-7890
for more
information on
these programs

Soccer with Eski: Ages 3-10, 11-16. Tue., 6 – 7:15 p.m.
Thu., 7:15–8:30 p.m.

R-Vibez: Ages 10-17. Wed., 5 – 6 p.m.

RMSC Science Program: Ages 8-13. Wed., 4 – 5 p.m.

Learn to Skateboard: Ages 6-18. Fri., 4 – 6 p.m.

R-Select Programs for Adults

(Details on page 10)

Adult Open Basketball: Ages 16+. Mon., 6 – 8:30 p.m.

Open Weight Room: Ages 16+. Mon.-Fri., 5 – 8:45 p.m.



SECOND ANNUAL

Learn to Fish



AT **COBBS HILL**
Lake Riley Lodge!

Join us for a **FREE**, family friendly, beginner level fishing event. No license required. Open to all ages and abilities! Youth must be accompanied by an adult.

OPEN TO THE PUBLIC  WHEELCHAIR ACCESSIBLE

WHERE & WHEN

Cobbs Hill Park, Lake Riley
Sunday, April 21  1– 4 p.m.



NEW YORK STATE
Department of
Environmental
Conservation

Tyshawn Cauldwell

R-CENTER

524 Campbell St. • 428-7860

HOURS

M-F, 2 – 9 p.m.

Closed Sat.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 6 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Tue., 6 – 7 p.m.

Youth Voice One Vision: Ages 12-17. Mon., 6 – 7 p.m.

R-Select Programs *(Details on page 8-10)*

Cheffing It Up for Beginners: Contact HopeRCenter@cityofrochester.gov for more information. Ages 8-15. Fri., 5:30 – 7 p.m.

Dance: Ages 6-15. Mon. & Wed., 6 – 7 p.m.

Color Me Creative: Ages 6-8. Wed., & Fri., 6 – 7 p.m.

Sports Conditioning: Ages 12-15. Tue., & Thu., 6 – 7:30 p.m.

Open Basketball: Ages 12-15. Mon., 6 – 8 p.m.

Call
428-7860
for more
information on
these programs

FREE MUSIC INSTRUCTION!

Monday-Friday 4 - 6 p.m.

Various Locations in
the City of Rochester

Questions?
rocmusic@cityofrochester.gov
585.428.6605



Frederick Douglass

R-CENTER

999 South Ave. 428-6015

HOURS

M-F, 2 – 9 p.m.

Sat., registered clinics and fitness room 10 a.m. – 4 p.m.



R-Signature Programs (Details on pages 6 & 7)

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10+. Wed., 4:15 p.m.

Youth Voice One Vision: Ages 10+. Fri., 4:15 – 4:45 p.m.

R-Select Programs (Details on page 8-10)

Cooking Class: Ages 11+. Wed., 5:45 – 7 p.m.

Current Events: Ages 8+. Mon., & Fri., 4 – 4:30 p.m.

Girls Volleyball Clinic: Ages 13-18. Sat., 10 – 12 p.m.

Girls Softball Clinic: Ages 13-18. Sat., 1 – 2:45 p.m.

Boys Baseball: Ages 13-18. Sat., 3 – 4:15 p.m.

R-Select Programs for Adults

(Details on page 10)

Adult Invitational Basketball:

Ages 18+. Wed., & Thu., 5:30 – 8:45 p.m.

Fitness Workout with CG:

Ages 16+. Tue., Wed., Thu., 5:30 – 6:30 p.m.

Call
428-6015
for more
information on
these programs

How does your garden grow?



Frederick Douglass R-Center Garden

Over the past 4 years we have dramatically increased the productivity of the garden at the Frederick Douglass R-Center by adding fruit bearing trees and berries bushes that produce an abundance of food in addition to many beneficial plants that attract a diversity of wildlife to the space and support soil health and pollination. It is now used daily by the R-Center and School 12 for environmental programming and exploration. The garden won the Environmental Leadership Award at the 2023 GVRPS Conference.



Let us know how
you heard about us.



Did you find out about the Department of Recreation and Human Service programs through family or friends, at school, online, advertising, or by picking up print material? We'd love to hear how you learned about our offerings.

**Take our survey here so that
we can serve you better!**

Edgerton R-CENTER

41 Backus St. • 428-6769

HOURS

M-F, 2 – 9 p.m.
Closed Sat.



R-Signature Programs (Details on pages 6 & 7)

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 6 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Tue., 6 – 7 p.m.

Youth Voice One Vision: Ages 10-17. Mon., 6 – 7 p.m.

R-Select Programs (Details on page 8-10)

Cheffing it Up: Ages 8-15. Fri., 5:30 – 7 p.m.

Earth Explorers: Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12. Wed., 4 – 5 p.m.

Dance: Ages 6-15. Mon., Wed., Fri., 6 – 7 p.m.

Paint and Bake Ceramics: Ages 6-15. Thu., 6 – 7 p.m.

Color Me Creative: Ages 6-8. Wed & Fri., 6 – 7 p.m.

Sports Conditioning: Ages 8-15. Tue. & Thu., 6 – 7:30 p.m.

Learn to Skateboard: Ages 6-18. Mon., 5 – 7 p.m.

R-Select Programs for Adults

(Details on page 10)

Paint and Bake Ceramics: \$5 Fee. Ages 18+.

Tue., 6:30 – 7:30 p.m., Mar 5, 12, 19, and May 7, 14, 21, and 28.

Call
428-6769
for more
information on
these programs

Find the perfect summer opportunity!

Fun and challenging opportunities
for youth ages **14 - 20**

6-8 week paid (up to \$15/hour) summer work experience

APPLY STARTING
Feb. 1, 2024

Learn, grow, and
meet professionals in
local government,
recreation, community-
based organizations,
colleges, or private and
public organizations
throughout the
community!

TO QUALIFY, YOU MUST HAVE A:

- Photo ID • Current work permit • Social Security card • Recent official report card
- Be enrolled in middle school, high school or TASC program
- Available to participate for your full assignment between July 8 - August 16



For more information call **(585) 428-6366**

Visit **rocsummeryouth.com** to apply

The application is offered in different languages.



Rochester Works



R-CENTER

700 North St. : 428-7149

HOURS

M-F, 10 a.m. – 9 p.m.

Sat., 9:30 a.m. – 4:30 p.m.



R-Signature Programs (Details on pages 6 & 7)

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12.
Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. **Mon.-Fri., 2 – 5:30 p.m.**

Youth Voice One Vision: All ages. Thu., 6 – 7 p.m.

R-Select Programs *(Details on page 8-10)*

Top Chef: Ages 12-17. Tue. & Thu. 4 – 5:30 p.m.

Gaming Program: Ages 12-17. Tue. & Thu., 4 – 5:30 p.m.

Fitness: Ages 6-17. Mon.-Fri., 2 – 6 p.m.,

Roc Royals Step & Dance Team: Ages 10-17.
Mon.-Wed., 6 – 8 p.m., Sat., 11 – 1 p.m.

Grupo Cultural Latinos Dance: Ages 6+.
Thu., 6 – 8 p.m.

Air Brush Program: Ages 12+. Thu., 6 – 7 p.m.

ROCmusic Rhythm: Ages 8-17. Tue., & Thu., 4 – 6 p.m.

Digital Art Program: Ages 12-17. **Wed., 5 – 7 p.m.**

ROCmusic Gospel Choir: Ages 8+. **Mon., 6:30 – 7:30 p.m.**

R-Select Programs for Adults

(Details on page 10)

Good Herb (Healthy Nutritional Drinks): Ages 18+.
Wed., 5 – 7 p.m.

Call
428-7149
for more
information on
these programs

How does your garden grow?



David F. Gantt R-Center Garden

The garden at Gantt was built in the Spring of 2021 with the help of the Rec on the Move team. Fruit trees and berry bushes were added in 2022 and 2023 including Apples, Peaches, Paw Paws, Strawberries, Blackberries, Currants, Jostaberries and Blueberries, in addition to an abundance of flowers and vegetables.



Trenton & Pamela Jackson

R-CENTER

485 N. Clinton Ave. • 428-7476

HOURS

M-F, 8 a.m. – 9 p.m.,
Sat. 9:30 a.m. – 4:30 p.m.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. **Mon.-Fri., 2 – 5:30 p.m.**

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. **Mon.-Fri., 2 – 5:30 p.m.**

Young People Advancing Forward: Call 428-7476 for more information. Ages 6+. **Wed., & Fri., 4 – 6 p.m.**

Youth Voice One Vision: Ages 10-17. **Thu., 6 – 7 p.m.**

R-Select Programs *(Details on page 8-10)*

Coding and Legos: Ages 7+. **Tue., & Thu., 4 – 5 p.m.**

Attain Lab: Ages 16+. **Mon.-Fri., 10 a.m. – 6 p.m.**

Earth Explorers: Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12. **Tue., 4 – 5 p.m.**

Charles Murry Boxing: Contact 428-7447 for more information. Ages 8+. **Mon.-Fri., 3 – 5:30 p.m.**

Jackson Boxing Club: Ages 8+. **Mon.-Fri., 6 – 8:30 p.m.**

Biddy Basketball: Ages 11 under. **Sat., 10 a.m. – 1 p.m.**

Wheelchair Basketball: Ages 11 under. **Wed., 5:30 – 8 p.m.**

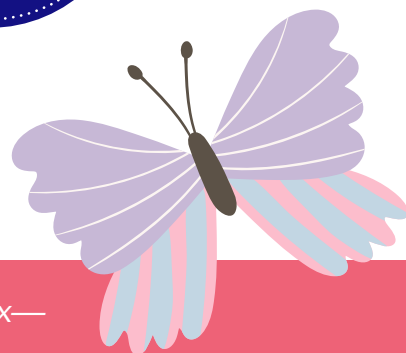
ROCDrummers: Ages 8-18. **Tue., 4:15 – 5 p.m., 5 – 5:45 p.m.**

R-Select Programs for Adults

(Details on page 10)

Ibero Senior Program: Ages 60+. **Mon.-Fri., 8 – 2 p.m.**

Call
428-7476
for more
information on
these programs



Fun Fact: Spring officially begins with the vernal equinox—this year, March 19—when day and night are approximately equal in length.

Danforth Community Center Programs

JUDICIAL PROCESS COMMISSION: JPC supports the rights of all people affected by the criminal justice system and promote changes to that system to help them achieve their fullest potential.
Mon.-Fri., 9 a.m. – 12 p.m., 1 – 5 p.m.

BLACK MEN ACHIEVE OF GREATER ROCHESTER, INC.: BMA Youth Mentorship Program is open to boys and young men of color between the ages 8-19. Black Men Achieve provides youth with high-quality mentorship and youth development services and programming.

Youth meet weekly to receive training in leadership and decision-making, life skills development, financial education, college and career readiness, employment skills, and healthy relationships to name a few. Youth will also participate in fun enrichment activities such as our outdoor explorers club, extra-curricular clubs and overnight trips to other cities.

For more information and/or to register: please call (585) 420-8160 or email info@rocbma.org.

200 West Ave. | 428-6746

Willie W. Lightfoot

R-CENTER

271 Flint St. • 428-7001

HOURS

M-F, 2 – 9 p.m.
Closed Sat.



R-Signature Programs (Details on pages 6 & 7)

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 8+. Thu., 5 – 6 p.m.

Youth Voice One Vision: Ages 9-18. Wed., 4 – 5 p.m.

Call
428-7001
for more
information on
these programs

R-Select Programs (Details on page 8-10)

Dance Fitness with Bri & Shalonda: Ages 8+. Fri., 5 – 6 p.m.

Teen Turn Up: Ages 13-18. Tue., 6 p.m.

Life Skills with Mike: Ages 11+. Mon., 4:30 – 5:30 p.m.

Flocabulary: Ages 7+. Thu., 3:30 – 4:30 p.m.

Cooking Class: Ages 10+. Fri., 5 – 6 p.m. (Beginning March 15)

R-Select Programs for Adults

(Details on page 10)

Get Fit with King Buck: Ages 18+. Mon.-Thu., 2 – 3 p.m.



**WE'RE HIRING FOR
SUMMER!**

Ages **18+**

Wages start at **\$16/hour!**

R
centers

Have fun
while you
earn!

Do you love what you see on these pages? Imagine getting paid to be a part of it all! From lifeguarding to camp counseling, the City offers an exciting array of summer job opportunities, starting at \$16 an hour. Dive into the adventure and apply now—visit: cityofrochester.gov/summerjobs

Recreation | Aquatics | Camps

A high school diploma or GED equivalent is required for all positions with the exception of lifeguards.

Residency requirements waived for summer positions only.

Submitting an application does not guarantee employment.

CONTACT: Rcenterinfo@cityofrochester.gov

Thomas P. Ryan

R-CENTER

530 Webster Ave. • 428-7828

HOURS

M-F, 2 – 9 p.m.

Sat. 9:30 a.m.–4:30 p.m.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. **Mon.-Fri., 2 – 5:30 p.m.**

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. **Mon.-Fri., 2 – 5:30 p.m.**

Young People Advancing Forward (Girls): Ages 12-17. **Tue., 6 – 7 p.m.**

Young People Advancing Forward (Boys): Ages 12-17. **Thu., 6 – 7 p.m.**

Youth Voice One Vision: Ages 12-17. **Wed., 6 – 7 p.m.**

R-Select Programs *(Details on page 8-10)*

Cursive Writing: Ages 10-17. **Mon., Tue., Thu., 3 – 4 p.m.**

Girls ROC Athletics: Ages 6-13. **Wed., 3:30 – 5 p.m.**

Girls Flag Football: Ages 8-12. **Mon., 4 – 6 p.m.**

Hiking & Fishing: Ages 8-12. **Tue., & Thu., 4 – 6 p.m.**

Earth Explorers: Email Amanda.Little@cityofrochester.gov for more information. **Ages 6-12. Mon., 4 – 5 p.m.**

Cuts Above the Rest: Ages 6-17. **Thu., 4 – 6 p.m.**

Group Games: Ages 6-13. **Mon., Tue., Fri., 3:30 – 4:30 p.m.**

R-Select Programs for Adults

(Details on page 10)

Pickle Ball: Ages 18+. **Wed., 6 – 7:30 p.m.**

Soul Fitness: Ages 18+. **Sat., 10 – 11 a.m.**

Soul Line Dancing: Ages 18+. **Sat., 11 – 12:30 p.m.**

Ladies Night Open Gym: Ages 18+. **Sat., 1 – 4 p.m.**

Open Basketball: Ages 18+. **Sat., 1 – 4 p.m.**

Call
428-7828
for more
information on
these programs

How does your garden grow?



Ryan R-Center Garden

The garden at the Thomas P. Ryan R-Center has undergone extensive transformation with the help of our program partner's at Cornell Cooperative Extension and Taproot Collective. In addition to increasing food production, we have added elements for learning and play, such as new community chess tables and benches and a 'weather station' painted by Roc Paint Division youth.



Fun, Food, & After School Care at a Great Price!



ASIP is a childcare program (ages 6-12) that provides educational enrichment, art & dance experiences, nature programs, and much more!

Mon. - Fri. | 2 - 6 p.m. | Sept. 7 - June 25, 2024
Humboldt R-Center, 1045 Atlantic Avenue
\$75 week/youth

CONTACT

Daneria.Chambers@CityofRochester.gov or call 428-1288

Ice Rink Information

Genesee Valley Sports Complex 131 Elmwood Ave.

The state-of-the-art rink is versatile and hosts recreational skating for all ages, ice hockey leagues, skate and shoot, special events, and more. Fees vary. Call 428-7888 for more information.

Indoor Ice Arena

Open Sept. 9, 2023–April 7, 2024

Open Skate: Mon.-Fri.,
12 – 1:15 p.m., Sat., 5 – 6:15 p.m. All ages.

Free Style Skate: Tue. & Thu.,
1:30 – 3 p.m. Ages 13+.

Adult Skate: Mon.-Fri., 10:30 – 11:45 a.m.
Sunday 9:45 – 11 a.m. Ages 18+.

Skate & Shoot: Mon., Wed., Fri.,
1:30 – 3 p.m. Ages 16+.

Enhanced Skate & Shoot: Sun.,
8 – 9:30 a.m. Ages 40+.

RATES

Adult (18 and over)	\$5.00
Youth (17 and under)	\$2.00
College Student w/ID	\$3.00
Family Rate	\$14.00
Skate Rental	\$3.00
Skate Sharpening	\$5.00
Skate and Shoot	\$6.00
Enhanced Skate/Shoot	\$9.00
Value Pass	\$20.00
Season Pass	\$125.00



LET'S
E B SOCIAL

FOLLOW

DRHS

TWITTER



[twitter.com/
DRHS585](https://twitter.com/DRHS585)

FACEBOOK



[facebook.com/
ROCDRHS](https://facebook.com/ROCDRHS)

INSTAGRAM



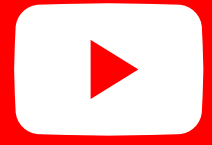
[instagram.com/
recreationandhumanservices](https://instagram.com/recreationandhumanservices)

TIK TOK



[@drhsroc](https://tiktok.com/@drhsroc)

YOUTUBE



[youtube.com/
@DRHS-city-of-rochester](https://youtube.com/DRHS-city-of-rochester)

Aquatics & Athletics

Youth Aquatics

Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

Level 2: Fundamentals of Aquatic Skills: Students will learn basic swimming skills.

Level 3: Stroke Development: Additional guided practice will help students improve their skills.

Level 4: Stroke Improvement: Students will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.

Level 5: Stroke Refinement: Guidance allows students to refine their strokes and become more efficient swimmers.

Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

Adams St. R-Center, 85 Adams St. Ages 6-17.
Fri., 5 – 6:30 p.m. (Each level will get 30 mins)
March 1 – April 15

Trenton and Pamela Jackson R- Center,
485 N Clinton Ave. Ages 6-17.
Sat., 10 – 11:30 p.m. (Each level will get 30 mins)
March 2, 9, 16, 23, April 13, 20.

Email Mike.Corey@cityofrochester.gov for more information. FREE for city residents.

Youth Athletics

Love-15 Youth Tennis: Teaches youth all about the game of tennis while developing values.
Email Rochesterymca.org for more information.

Maplewood Tennis courts, Ages 7-17. Sat.,
1 – 4 p.m. April 27 – June 15.

Adult Athletics

Softball League: Contact rocsportsny@yahoo.com for more information. Cobbs Hill Park, 80 Culver Road.
Ages 18+. May - Aug.



Baby and Me Swim Lessons

Baby and Me Swim Lessons: Babies and their caregivers work on getting wet, moving through the water, and practicing shallow water entries and exits. No fee. Email Mike.Corey@cityofrochester.gov for more information.

Adams St. R-Center, 85 Adams St. Ages 2-5.
Sat., 10 – 10:30 a.m. March 2, 9, 16, 23, April 13, 20.

Trenton and Pamela Jackson R- Center,
485 N Clinton Ave. Ages 2-5.
Wed., 6 – 6:30 p.m. Feb. 28 – April 24.

BECOME A LIFEGUARD

MARCH FOUR WEEK COURSE:

March 4, 5, 11, 12, 18, and 19: 5 - 9 p.m.
March 23 Test: 12 - 3:30 pm

APRIL FOUR WEEK COURSE:

April 9, 15, 16, 23, 29, and 30: 5 - 9 p.m.
May 4 Test: 12 - 3:30 pm

MAY ONE DAY RE-CERTIFICATION:

For Lifeguards that have current certification and need to be recertified: Choose one of the following: May 13, 14, 15 or 16, all are 5 - 9 p.m.

MAY ACCELERATED COURSE

Must be an accomplished swimmer
May 28, 29, 30, 31: 5 - 9 p.m.
June 1 Test: 12 - 3:30 p.m.

Rochester Community Sports Complex

460 Oak St., 428-6841



Athletic Training

R-Sports Batting Cage (Batting Practice):

Ages 11-18. (Co-Ed) Runs from Jan. 8 – March 29.
Mon., - Fri., 6 - 8 p.m. For more info contact
norman.jones2@cityofrochester.gov.

Basketball

R-Sports Middle & High School Basketball Training:

Ages 13-18 (Co-Ed). Runs from April 8–May 23.
Mon.,-Thu., 6 p.m. - 8 p.m. For more info contact
norman.jones2@cityofrochester.gov

R-Sports Pee Wee 3 on 3 Basketball League:

Ages 7-9. (Co-Ed). Runs from April 12–May 3.
For more info contact jamar.gray@cityofrochester.gov

Citywide Basketball League:

R-Sports Citywide Basketball League: Ages U17 & U14.
Runs from April 1–May 1. Mon., & Wed.
For more info contact jamar.gray@cityofrochester.gov

R-Sports Dr. Dish Shooting Machine: Ages 11-18. (Co-Ed).

Runs from Jan. 8–March 29. Mon., - Fri., 6 – 8 p.m. For more
info contact norman.jones2@cityofrochester.gov

Track

R-Sports Flower City Track Club:

Ages 8-18. (Co-Ed) Runs from May 1 – July 26.
Mon.,-Thu., 6 – 8 p.m. For more info contact
jamar.gray@cityofrochester.gov

Monroe Milers Running Club: Ages 6-18. (Co-Ed) Runs from
March 6 – April 24. Wed., 6 p.m., Sat., 12 p.m. For more info
contact allinbas@outlook.com

Soccer

R-Sports Rochester City Soccer League: Ages 5-18. Runs from
May. 1–July 26. Mon.,- Fri., 6 – 8 p.m., Sat., 10 – 12 p.m. For
more info contact jamar.gray@cityofrochester.gov

Football

R-Sports Youth Football Training:

Ages 8-18 (Co-Ed). Runs from Jan. 13–March 24.
Sat.–Sun., 10. – 11 a.m. For more info contact norman.jones2@cityofrochester.gov

R-Sports Middle & High School Football Training: Ages 13-18
(Co-Ed). Runs from Feb. 14– March 27. Wed., 6 - 7:30 p.m. For
more info contact norman.jones2@cityofrochester.gov

R-Sports 3 on 3 Indoor Football: Ages 10-14. (Co-Ed). Runs
from Jun.1- Jun 24. Sun., 10:30 a.m. - 12:00 p.m. For more info
contact jamar.gray@cityofrochester.gov

Lacrosse

R-Sports Youth Lacrosse Training:

Ages 11-18 (Co-Ed). Runs from Jan. 9 – March 21.
Tue., & Thu., 6 – 8 p.m. For more info contact
norman.jones2@cityofrochester.gov

WE'RE HIRING!

CHOOSE THE COURSE YOU NEED!

First day of each course is
pretesting to qualify.
Must bring swim clothes and towel.

FREE for City residents
Non-City resident \$75
Adults \$125

QUESTIONS?

Contact
Michael.Corey@CityofRochester.gov
Summer aquatics positions available:
CityofRochester.gov/Jobs



online
R-central



Youth Leadership Programs

DRHS Main Office, 57 St. Paul Street • 428-6755

Biz Kid\$: is a week-long camp that teaches youth how to start their own business through a fun and fast-paced program of interactive games and activities. Youth learn how to manage money, make a good impression, set goals and create a business plan. Participants also get real sales experience by operating a lemonade stand and pocket the profit! \$60 fee. Contact 585-428-6755 for more information. Ages 14-18. 9 a.m. – 4 p.m. Apr. 1– 5.



YVOV Mayor's Youth Advisory Council Leadership Board is dedicated to connecting, training and advising Rochester's youth leaders, city governance, adult advisors and community stakeholders. The goal is to establish a diverse membership of youth who can provide expertise in various fields and to inform and impact policies related to youth issues. The Board is currently recruiting youth in grades 8th-12th for three committees (Executive, Community Engagement, and Public Safety). Email Tremain.Harris@cityofrochester.gov for more information. Ages 13-19.



Mayor's Youth Academy (MYA): The Mayor's Youth Academy is an internship program for youth in high school that will focus on leadership, career development, and skills growth. The youth will be paired with Recreation Assistants and liaisons in various City departments that align with their areas of interest. Contact Yassir.Smith@cityofrochester.gov for more information. Ages 14-19.

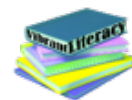


Summer of Opportunity

(SOOP): The Summer of Opportunity Program (SOOP) is an employment opportunities program for youth who are still in middle school or high school or a high school equivalency program (TASC). The program is designed to provide work readiness training and employment opportunities to youth while making a direct connection to success in school. For many youth, this is their first opportunity to gain real-world work experience. Youth must have a current work permit, official report card, photo ID, and Social Security card. Call 428-6366 for more information. **Applications are now open and are accepted until all opportunities are filled.** Ages 14-20.



Vibrant Literacy: Vibrant Literacy is a program that serves students who are at below grade reading level by building key foundation skills like fluency, decoding and comprehension. Limited spaces, to register or for more information contact: Alvin Simpson 428-6922 or alvin.simpson@cityofrochester.gov. Ages 6-11. October-May.



SOAR: SOAR Leadership Team is comprised of youth from the community that meet weekly to receive training in the leadership, self-development tools and increase knowledge & awareness around sexual health. Participants will engage in activities to explore their future goals in areas ranging from career and college exploration to public speaking and life skills. Contact Rise@cityofrochester.gov for more information. Ages 13+ Tues., 4 – 6 p.m.



Vibez Club:

The goal of the SRAE initiative is to support and enhance youth's social-emotional development and delay onset sexual activity through medically accurate and age appropriate curriculum, positive relationship with caring adults, and engaging exploratory weekly clubs. The highly skilled and trained SRAE facilitators host weekly Vibez clubs at individual sites where youth will participate in engaging fun activities such as dance, cooking and nutrition, science exploration, and creative arts. Ages 10-13.

**My Brother's Keeper (MBK):**

MBK's programs are dedicated to fostering the social-emotional, developmental and overall well-being of Black and Brown youth throughout Rochester. At ROC MBK, we are committed to supporting the MBK movement by offering high quality programming and events, and participating in initiatives that support the following MBK milestones:



- Ensuring healthy starts and readiness for school entry.
- Achieving proficiency in reading by the third grade (age 8).
- Graduating from high school with readiness for college and career.
- Completing post-secondary education or training.
- Successfully entering the workforce.
- Keeping our youth on track and safeguarding them from violent crime.

While promoting brotherhood, MBK programming cultivates leadership and supports young men to achieve their full potential. Year-round civic engagement and community activities are added frequently. For additional information, contact MBK Initiatives at 585-695-3476.

MY BROTHER'S KEEPER INFORMATION

Sign up to learn more about My Brother's Keeper Rochester today.

Questions? Contact Che' Hagins: 428-7938 • (c) 695-3476 or email Cheffan.Hagins@cityofrochester.gov

Roxie Sinkler

R-CENTER

75 Grover St. • 428-7827

MIB (Mentors inspiring boys and girls) After School

Teaching life skills, entrepreneur skills and work ethic. Accelerated reading, math, homework help and organized play. Ages 6-18. Mon.-Fri., 2 – 5 p.m.

MIB (Mentors inspiring boys and girls) Evening

Artistic development, boxing, basketball, theatre, step, dance, creative writing. Ages 6-18. Mon.-Fri., 5 – 9 p.m.



Inspiring youth with hope and opportunity.



Visit mibandg.org to register

Flower City Feeling Good Series

Flower City Feeling Good Bike Rides

Wednesday Night Guided Bike Rides

This intermediate level riding series features 15 casually paced 7-mile rides (approximately 45 minutes of riding). Helmets are required, bikes are not provided. Meet at 6:45 p.m. for warm-up stretches with Exercise Express. These rides are best suited for people with solid bike handling skills who are comfortable navigating traffic. We encourage new or beginner level riders to attend one of our Learn-to-Ride classes. Registration not required.

RIDES START PROMPTLY AT 7 P.M.

- **Ontario Beach Park** (50 Beach Ave): Southbound to Turning Point Park. **May 22**
- **Ontario Beach Park** (50 Beach Ave): Lake Ontario State Parkway. **May 29**
- **Exercise Express Pathways** (10 Cady Street): 19th Ward, Dutchtown, Brown Square, JOSANA, and the Genesee Riverway Trail. **June 5**
- **Trenton and Pamela Jackson R-Center** (park at 200 St Bridget's Drive): Upper Falls, El Camino Trail, La Avenida, Northland-Lyceum, Homestead Heights and Marketview Heights neighborhood. **June 12**
- **Maplewood Nature Center** (107 Bridge View Dr.): Genesee Riverway Trail, Brown Square, Edgerton and Maplewood neighborhood. **June 26**



Community Paddle Events

Genesee Waterways Center (GWC) is the City of Rochester's partner for adult and youth programming in many things related to our area's beautiful water resources. This summer, join us and friends from Genesee RiverWatch to experience paddling on the beautiful Genesee River, Erie Canal and on Red Creek. Kayaks will be provided for all events by the Genesee Waterways Center. An adult must accompany all children under 18. For more information and to register visit geneseewaterways.org/events.

Learn to Kayak Ice Cream Social: Bring the whole family down to the Genesee Waterways Center at 149 Elmwood Avenue to learn how to paddle while enjoying live music on the dock! There will be fun nature based activities both on and off the water, and participants will receive a FREE ice cream from Lugia's Ice Cream! This event is free and open to the public. Registration is required. **Fri., June 28, 5:30 -7:30 p.m.**

LEARN TO RIDE A BIKE

Certified bike instructors will help your kids learn how to ride without training wheels, in a safe, indoor space. **FREE** fitted helmet provided by Monroe County Traffic Safety.



ROCHESTER Children's Outdoor Bill of Rights

is our pledge to provide every child in our city equal access to nature and the outdoors.



March 20

Session One: 3:30 - 4:30 p.m.

Session Two: 4:30 - 5:30 p.m.



April 17

Session One: 3:30 - 4:30 p.m.

Session Two: 4:30 - 5:30 p.m.

**1st
GRADE
AND UP**

SPACE
LIMITED



WHERE: Trenton and Pamela Jackson R-Center | 485 N Clinton Ave

INFORMATION: Stephanie.Benway@CityofRochester.Gov

REGISTER: On R-Central to sign up





DRHS Highlights

Guided Family Nature Walks

Our Thursday Evening Family Nature Walks will highlight the natural wonders of the City of Rochester. Come learn about the special green spaces in Rochester, participate in hands on explorations and learn how you and your family can beautiful places. Walks start promptly at 6 p.m. Please dress for the weather and bring plenty of water.

Washington Grove Walk: Join a volunteer guide from The Friends of Washington Grove on a walk through the canopy of 250-year-old Oak trees. Discover the Grove's diverse plant life, its natural history and current conservation efforts. Meet on the southeast side of Reservoir Road, atop Cobbs Hill Reservoir. **June 20**

Lower Falls Gorge: Join Gorge Guides on a tour of both the upper and lower falls, and learn about the history of the forgotten sites of Carthage and McCrackenville. Meet in the parking lot of the Maplewood Rose Garden (250 Maplewood Ave.) **June 27**

Park Stewardship

The City of Rochester's Department of Recreation and Human Services is partnering with the Seneca Park Zoo Society to host our annual series of 'park clean-up events' along the Genesee Riverway Trail. In an effort to keep our clean-ups plastic free we have transitioned to collecting in reusable feed bags from the Zoo! Tools and gloves provided. Please dress for the weather and bring water to stay hydrated. To register, visit senecaparkzoo.org/events/category/conserve-educate/park-clean-up

Turning Point Park Clean Up: Meet in the Turning Point Park parking lot (260 Boxart St.) **Mar. 16, 9 a.m. – 12 p.m.**

Durand Eastman Beach Clean Up: Meet at Durand Eastman Beach Parking Lot B (1342 Lake Shore Blvd.) **Apr. 20, 9 a.m. – 12 p.m.**

Community Garden Events

3rd Annual Community Seed Swap: Bring what you can and take what you need at our 3rd Annual Community Seed Swap, hosted in partnership with Fruition Seeds, 490 Farmers and Taproot Collective, enjoy nature based crafts and games for the whole family and light refreshments. This free event is open to the public and will have ASL interpretation. Edgerton Ballroom (41 Backus Street) **Sat., March 30, 2 – 4 p.m.**

9th Annual Urban Agriculture Working Group Gardening Conference: Join gardeners from around the City of Rochester for a day of hands-on workshops, demonstrations, tours, seed swaps and more. All groups, individuals and skill levels welcome, lunch will be provided. To learn more and register, email Mallory Hohl at mdh286@cornell.edu. Location TBA. **Sat., April 27, 10 a.m. – 4 p.m.**

DRHS Recognition Ceremony

Congratulations to DRHS employees who were recognized for their service.

DRHS Turnaround Team Award: Glue Team (Nijay Harris-Henry, Arinda Smith, Leslie Green, Dawn Williams, Erika Perez, Beth Jackson-Dobbs, Jermayne Myers, Keyla Quinones, Corey Lee Kirkland)



Commissioner Appreciation Award:

Timothy Levert, Lightfoot R-Center

Dr. Kristen Braitkrus,
Rochester Animal Service



DRHS Star Award:

Christie Hall, Rochester Animal Services
Michael Corey, Athletics and Aquatics
Mai Ho, Commissioners Office
Pam Bialaszewski, Commissioners Office



Crisis Intervention Services

The Office of Crisis Intervention Services (CISU) goal is to create a comprehensive, community-based response to support victims and families dealing with homicides, mental health, domestic violence, and other related crises. The unit is made up of three teams:

- The Homicide Response Team (HRT)
- Person in Crisis Team (PIC)
- Community Support Team (CST)

The CISU exists to provide response, support, intervention and resource information to those affected by crisis, trauma and crime. Scene response, mental and behavioral health response and victim assistance are just some of the services offered.

Crisis Intervention Services has many community partnerships including the Rochester Police Department, Rise Up Rochester, Monroe County FIT Team, Willow and other community service providers to ensure the best resources available for person and family centered services.

PERSON IN CRISIS TEAM

- Available assistance 24/7
- Caring Behavioral/Mental Health Professionals
- Connections to services
- Follow up support

CALL 211 or 988

COMMUNITY SUPPORT TEAM

- Compassionate counselors available to answer questions
- Connection to community resources
- Assistance with applying for funds (if you qualify)

CALL 428-6630



**CONNECTING &
CREATING CHANGE**

**WITH SOCIAL-EMOTIONAL AND
WELLNESS SUPPORT AT R-CENTERS**

Offering youth and families social-emotional and wellness support to:

- ✓ Connect children and families to resources
- ✓ Help improve skills to cope with challenges
- ✓ Collaborate with other young people
- ✓ Offer onsite social learning

FOR MORE INFORMATION CONTACT:

Shaylin Cox at (585) 428-7913
Shaylin.Cox@CityofRochester.Gov



Rochester Animal Services



184 Verona St. • 428-7274

Rochester Animal Services (RAS) is committed to serving people and animals to create safe neighborhoods, support the human-animal bond, and save and enhance animal lives.

Visit AnimalServices@cityofrochester.gov.

Sat. - Mon., 12 to 3 p.m., Tue. - Thu., 12 - 6 p.m. Closed Friday.

Note: Closed the third Tuesday of every month for training.

Become a foster caregiver: Foster caregivers are especially needed. Foster homes are healthier and more comfortable environments than shelters and reduce overcrowding in the shelter. The foster-to-adopt option also allows families to determine if the pet is a good fit in the household before committing long-term. Those interested in fostering a pet can learn more at cityofrochester.gov/FosterAPet or scan the QR code on the right.



Adopt an animal from the shelter:

Adoptions not only help the animals at the shelter, but also offer new owners unconditional love, physical and mental health benefits, and a solution to loneliness. For more on pet adoption, visit cityofrochester.gov/PetAdoption or scan the QR code on the right.



Help lost pets get home without them coming to the shelter: Most lost pets are found within one mile of home. We are asking finders to assist when they encounter a friendly, healthy lost pet, before bringing the animal to the shelter. Learn how you can help at cityofrochester.gov/FoundAPet or scan the QR code on the right.



Become a Lost Pet Detective:

Speaking of helping lost pets get home, RAS is looking for City residents willing to serve as lost pet detectives. As a neighborhood lost pet detective, you can assist and support neighbors while walking them through the steps to get lost pet's home. You will receive training, a microchip scanner, and lawn sign identifying you as a resource in your neighborhood. More at: cityofrochester.gov/article.aspx?id=21474851490 or scan the QR code on the right.



If you've lost a pet:

Please visit our lost pet page for reunification tips at cityofrochester.gov/LostAPet or scan the QR code on the right.



Proactively register your pet at Petco Love Lost:

Petco Love Lost is an amazing tool that uses facial recognition technology and can help reunite you and your pet quicker. RAS recommends all pet parents register their pets just in case they go lost. Learn more and register your pet at lost.petcolove.org or scan the QR code on the right.



Volunteer:

Rochester Animal Services volunteers are essential to the success of the organization. Our volunteers help to enhance quality of life for animals at the shelter and support all aspects of the operation. Learn more and sign up at cityofrochester.gov/RASvolunteer or scan the QR code on the right.



ARE YOU A GOOD
Cuddler?

Animal foster caregivers needed now more than ever.



Call 428-9847 or visit cityofrochester.gov/FosterAPet



Workforce Development

The City of Rochester's Workforce Development Initiative focuses on:

- Understanding new and current economic activities in the city
- Developing relationships with local businesses
- Providing city residents with connections to exciting career fields in Rochester
- Links to community resources, connections to industry-driven education, training, employment, and more.

Meeting of the Minds for Employers and Training providers:

Meeting of the Minds Luncheons are held on a quarterly basis to provide an opportunity for those in the Workforce Development Community who employ and train to come together and discuss the current state of the workforce, challenges and successes. For more information call 428-8689.

Meeting of the Minds for Job Seekers:

Bimonthly opportunities to meet local employers in a small 1:1 setting. Ask questions and apply on the spot for more information, call 428-1170.

Flower City AmeriCorps Programs:

AmeriCorps prepares community members to become public health and human services professionals. AmeriCorps members will receive a biweekly stipend and scholarship. Full time members are also eligible for childcare and medical assistance. Call 428-7358 for more information. Ages 17+.



ROC the Block is a community-based hiring initiative that will bring businesses and recruiters to the city's four quadrants throughout the summer and early fall. With this fun, local, block-party styled event, Rochester employers and residents can meet to discover employment and wrap-around resource opportunities.

Questions? Shawn.Futch@cityofrochester.gov

SAVE THE DATES:

**WEDNESDAYS,
11 A.M. - 2 P.M.**

June 12

Maplewood Rose Garden
250 Maplewood Ave.

July 10

Padilla High School
950 Norton St.

Aug. 14

Aberdeen Square Park
373 Aberdeen St.

Sept. 25

Parcel 5
285 E Main St.

Hosted by Council President Miguel Meléndez, the RASE Commission and the Department of Recreation and Human Services.

To join us as a vendor please email

Roctheblock@cityofrochester.gov





CITY OF ROCHESTER PUBLIC MARKET 2024 HAPPENINGS

31

TOTAL ECLIPSE ROCS THE PUBLIC MARKET

Monday – April 8
10 a.m. – 5 p.m.

Join us for this free family-friendly event, which includes entertainment, eclipse-related crafts, educational activities, music, local food trucks, and beer, wine and chocolate tastings.

Rohrbachs Brewing Company/
Laughing Gull Chocolates

totaleclipserocsthemarket.com



COMMUNITY GARAGE SALES

Sundays – April 14 & 28, June 2, 16
& 30, July 14 & 28, August 11 & 25,
September 8 & 22 and Oct. 13
7 a.m. – 1 p.m.

cityofrochester.gov/garagesales

FOOD TRUCK RODEOS

Wednesdays – April 24, May 29,
June 26, July 31, August 28 and
September 25

5 p.m. – 9 p.m.

[cityofrochester.gov/
foodtruckrodeo](http://cityofrochester.gov/foodtruckrodeo)

FLOWER CITY DAYS

Sundays – May 5, 12, 19 & 26
Friday, May 24 and Monday,
May 27 (Memorial Day)

8 a.m. – 2 p.m.

[cityofrochester.gov/
flowercitydays](http://cityofrochester.gov/flowercitydays)

REGULAR MARKET DAYS & HOURS:

TUES. & THURS., 6 a.m. – 1 p.m. | SATURDAY, 6 a.m. – 3 p.m.

CONTACT US: 585.428.6907 | **MORE INFO:** cityofrochester.gov/publicmarket



IADC

International

PLAZA

MARKET

Days!

SUNDAYS

1-5 P.M.

MAY 5 - OCTOBER 13, 2024

MUSIC
FOOD
CULTURE
CRAFTS & MORE

828 N. Clinton Ave., Rochester NY
[f](https://www.facebook.com/TheInternationalPlazaROC) [i](https://www.instagram.com/TheInternationalPlazaROC) [@TheInternationalPlazaROC](https://www.tiktok.com/@TheInternationalPlazaROC)

Mexican Festival
SUN., MAY 5

**Mother's Day
Celebration**
SUN., MAY 12

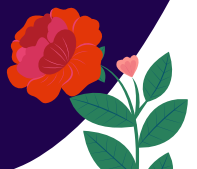
Pride Festival
SUN., JUNE 2

**Father's Day
Celebration**
SUN., JUNE 16

Juneteenth
WED., JUNE 19

Plaza also open Thursdays to Saturday for container vendors.
Apply at: CityofRochester.gov/InternationalPlaza

FOR AFFORDABLE VENDING OPTIONS: call (585) 451-5676,
or email Pmarket@cityofrochester.gov





Explore + Discover + Connect!



THE CITY OF ROCHESTER'S R-Central website makes it **easy** to:

Search, view, explore, enroll and pay for:

- Recreation & Youth Services Programs
- Camps ■ Athletic Leagues
- Fun & Educational Activities
- View and Rent Facilities for Private Use



QUESTIONS? 428-6755

VISIT CityofRochester.gov/R-Central

 Malik D. Evans, Mayor
City of Rochester, NY • Rochester City Council

FACILITIES RENTALS

You can rent our facilities for private use—parties, birthdays, reunions and more! The Department of Recreation and Human Services also processes rentals of parks, baseball diamonds, athletic fields, tennis courts, indoor/outdoor basketball courts, ice skating rinks, pools, R-Center facilities, and snow shoes.
** Additional fees will apply for extended hours and holidays.*



Edgerton Stardust Ballroom

41 Backus St.
\$425: four-hour increment
\$800: 9 a.m.–9 p.m.,
240 max. dinner style,
400 max. theater style
seating.



Genesee Valley Field House

1316 Genesee St. Ext.,
Genesee Valley Park
\$125: four-hour increment
\$175: 9 a.m.–9 p.m.
48 people max.



Lake Riley Lodge

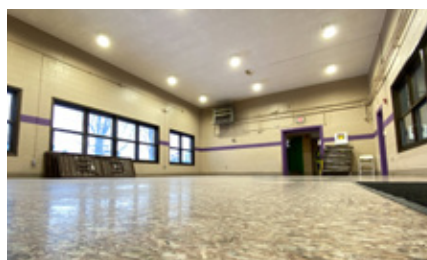
100 Norris Dr.,
Cobbs Hill Park
\$250: four-hour increment
\$450: 9 a.m.–9 p.m.,
Weekend rental only,
125 people max.

Note: Closed from 4/22 - 9/30/2024



Dr. Martin Luther King Jr. Park

MLK Lodge, 353 Court St.
\$350: four-hour increment
\$650: 9 a.m.–9 p.m.,
170 seated max,
300 cocktail style max.



Norton Village,

300 Waring Rd.
\$100: four-hour increment
\$150: 9 a.m.–9 p.m.
50 people max.



Tay House at Cobbs Hill Park

85 Hillside Ave.
\$125: four-hour increment
\$175: 9 a.m.–9 p.m.
50 people max.

Call 428-6755 or
visit cityofrochester.gov/facilityrental