



Rochester Recreation

FALL GUIDE

Believe.



City of Rochester, NY
Lovely A. Warren, Mayor
Rochester City Council



Fall is a Season for Change.

The leaves of change are upon us once again. The days are getting shorter, the nights cooler and the trees brighter. Thousands of students are meeting new teachers while local farmers prepare for the fall harvest. Fall is all about transition and transformation.

Change is ever present and doesn't stop with the turning of the season, change can happen with you. This fall can be the time you get in the best shape of your life, try your hand at something you have never experienced or forge new life-long friendships. From after school programs to senior activities, sports leagues to state of the art fitness facilities, Rochester recreation offers so many opportunities for everyone to explore and grow.

I invite everyone to embrace change and take advantage of the opportunities our city makes available. Have a fun, safe and active fall season!

Mayor Lovely A. Warren
City of Rochester, NY

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DEPARTMENT OF RECREATION & YOUTH SERVICES INFORMATION

MARISOL O. RAMOS-LOPEZ - Commissioner,
Department of Recreation & Youth Services

ERIC ROSE - Deputy Commissioner of Recreation

CONTACT US

The City of Rochester's Recreation Bureau office is located at 400 Dewey Avenue, Rochester, N.Y. 14613
Phone: (585) 428-6755
Office hours: 9 a.m. - 5 p.m. Weekdays

RECREATION FACILITIES AND RENTAL INFORMATION

Rochester Recreation offers a number of facilities for rent for your next family party or special event. These include the rustic Tay House and Lake Riley Lodges, the historic Danforth Community Center Auditorium and Edgerton Stardust Ballroom, the newly renovated Dr. Martin Luther King Jr. Memorial Park Lodge in the heart of the East End, and two venues perfect for smaller gatherings - the Genesee Valley Park Field House and Norton Village Recreation Center. Gyms and meeting rooms are also available for rent in select R-Centers. Go to www.cityofrochester.gov/facilityrental or call 428-6755 for complete information.

IMPORTANT DATES

September 1, Labor Day

Administration Office and R-Centers closed

September 2-5

R-Centers closed for staff training

October 3

R-Centers close at 7 p.m. for staff meeting

October 13, Columbus Day

Non-School Based R-Centers open 10 a.m. - 6 p.m.

November 7

R-Centers close at 7 p.m. for staff meeting

November 10

Administration Office and R-Centers closed

November 11, RCSD Schools Closed

Non-School Based R-Centers open 9 a.m. - 6 p.m.

November 26 - RCSD Superintendent's Day

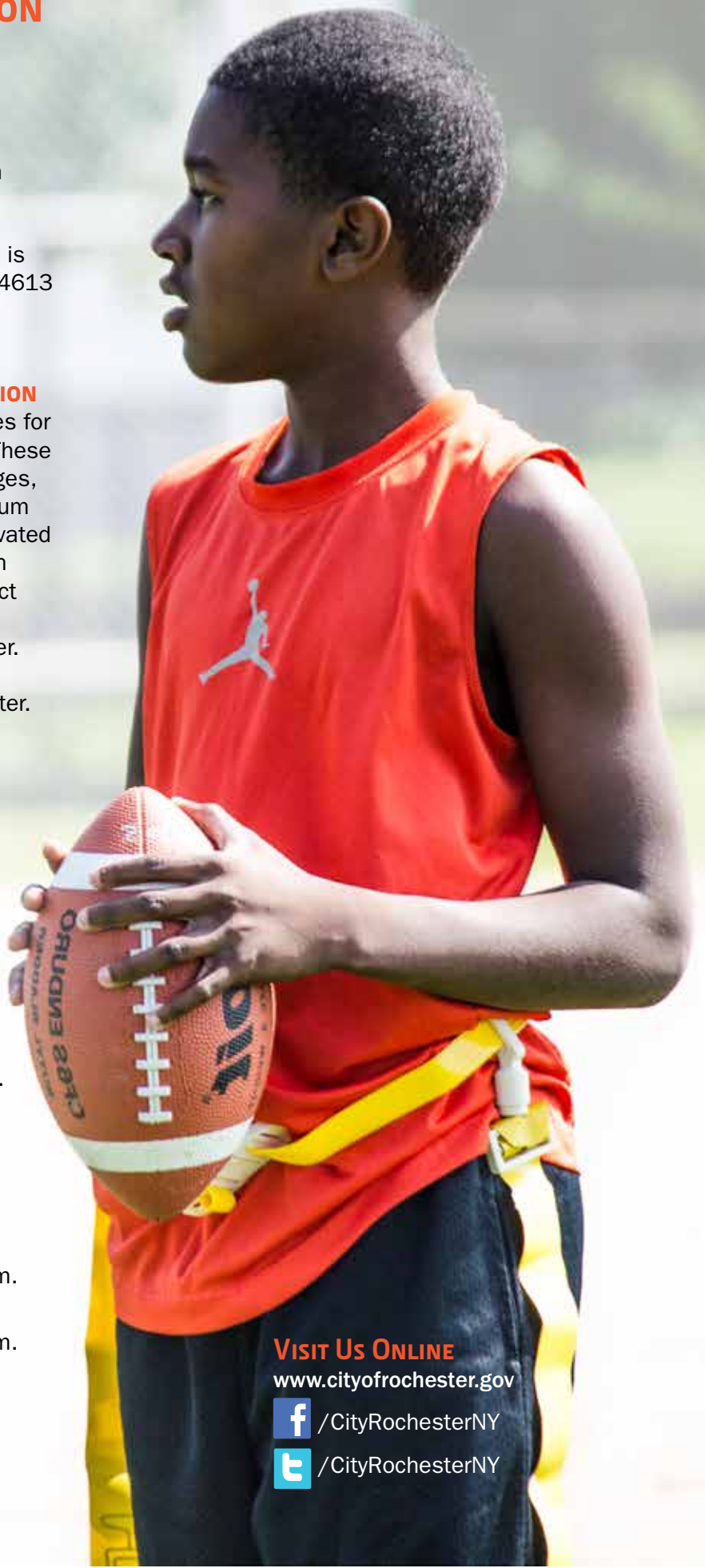
Non-School Based R-Centers open 9 a.m. - 6 p.m.

November 27 & 28, Thanksgiving

Administration Office and R-Centers closed


November 29, Thanksgiving Holiday weekend

Select R-Centers open 10 a.m. - 5 p.m.



VISIT US ONLINE

www.cityofrochester.gov

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DISCOVERY AWAITS

R-Centers programs help you live up to your potential while having fun.

AFTER SCHOOL ACADEMY

R-Centers offer fun, engaging, exciting after school programs that have homework help, group games, reading programs, sports, arts & crafts, and a wide variety of enrichment activities such as Environmental Education and Toastmasters.

EARTH EXPLORERS

A unique program that immerses youth into the remarkable natural environment. Activities range from outdoor adventures (such as nature hikes, field trips and snowshoeing) to gardening and cooking with the food grown at R-Center gardens. Youth and families are also invited to take advantage of additional horticultural workshops, projects,

and events like community gardening, nature tours, and more. Call 428-8820 or visit www.cityofrochester.gov/earthexplorers or www.cityofrochester.gov/horticulture for more information.

REC ON THE MOVE

We're taking it to the streets! The City of Rochester's Recreation on the Move van is rolling into your neighborhood! It's R-Centers on wheels! On board you'll find healthy snacks, outdoor games & sports, health & nutrition info, activities & crafts, and book giveaways. Go to www.cityofrochester.gov/reconthemove to see schedules or call 428-6755.

T.H.R.I.V.E.

T.H.R.I.V.E. (Teens Helping to Reinvent Identity, Values and Empowerment) programs provide youth the necessary support and opportunities to prepare for successful adulthood. T.H.R.I.V.E. is a structured youth-driven nine month after-school program offered in eleven of the city's R-Centers, in which, youth voices are heard through invigorating group discussions lead by trained certified facilitators. Topics include goal setting, making healthy choices regarding relationships, school, and achieving necessary life skills to become successful adults. For more information, call 428-6816 or www.cityofrochester.gov/thrive.

YOUTH VOICE, ONE VISION

Youth Voice, One Vision gives youth a voice in what goes on in their community. Participants collaborate with other youth leaders, adult advocates, and local officials to develop ideas to make their communities better places. YVOV members learn leadership skills, develop goals and strategies, conduct meetings, elect officers, meet with community leaders, participate as “youth experts” on local panels, and plan conferences and special events. YVOV youth governance groups help to plan activities at R-Centers across the city. Youth, adults, groups and other community organizations are all welcome. For more information, visit www.cityofrochester.gov/YVOV or call 428-7371.

GIRLS COALITION

The Girls Coalition brings together “positive girls doing positive things” through the support of caring female advisors and girls only programming. Adults from Rochester Recreation, Nazareth College and the community act as mentors and role models for the participants. Call 428-7371, contact your local R-Center, or visit www.cityofrochester.gov/girlscoalition.

TEAM I.M.P.A.C.T.

A program that focuses on boys’ natural strengths and broadens their understanding about culture and being positive and productive males in today’s society. Adult mentors lead activities and dialogue that challenge myths about what it means to be a “real man.” Call 428-6481.

RocMusic

RocMusic is an innovative outreach and education program that engages children and their families in the experience of making and appreciating music. The program is designed to instill a love of learning and academic success.



RocMusic is a joint partnership between the City of Rochester, Eastman School of Music, Eastman Community Music School, Hochstein School of Music & Dance, Rochester City School District and the Rochester Philharmonic Orchestra. RocMusic operates three days per week during the school year at the David F. Gantt R-Center. Visit: www.cityofrochester.gov/rocmusic

MCC MOBILE LABS

MCC and R-Centers team up to expose at-risk high school students and displaced workers to in-demand careers in an effort to fulfill the region’s critical need for middle-skill workers.

EVENING EVENTS FOR YOUTH AND ADULTS

Youth and adults are invited to spend the evening at their local R-Center to get together with friends and enjoy a variety of sports, exercise classes and more.

On Monday, Tuesday, and Wednesday 7-9 p.m., R-Centers gyms offer open basketball for youth 6 - 18.

Thursday evenings, 7-9 p.m. is adult night. R-Centers offer variety of special programs for adults to stay fit and learn something new.

This includes healthy living programming at the David F. Gantt R-Center, creative arts at the Edgerton R-Center, fitness fun at the Adams Street R-Center and Environmental education at the Humboldt R-Center.

FAMILY FUN NIGHT

On Fridays families can get together and enjoy a host of fun family oriented programs and events.

DANFORTH SENIORS

Come and join neighborhood seniors at the Danforth R-Center for activities such as horseshoes, breakfast and lunch clubs, cards, “Get Fit” club and field trips throughout the season. Please call 428-6746 for more information.

STARDUST BALLROOM SERIES

Each year the century-old, historic Edgerton Community Center hosts an open ballroom dance series in its elegant Stardust Ballroom. On Tuesday nights from November through March, these 7:30 p.m. open dances feature terrific live music. Admission is only \$3.00. Step back in time and dance with us at the Stardust Ballroom! Visit www.cityofrochester.gov/ballroom-danceseries for more information.

R-Center Locations & Amenities



Playground



Fitness Center



Outdoor Courts



Computer Lab



Swimming Pool



Community Meeting Space



Spray Park



Performance Space



Gym



Dinner



Game Room



Teen Lounge

#17 SCHOOL

158 Orchard Street

Hours: M-F, 5 - 9:30 p.m. Ph: 899-9211

#42 SCHOOL

3330 Lake Avenue

Hours: M-F, 3:30 - 9:30 p.m. Ph: 428-7829

#43 SCHOOL

1305 Lyell Avenue

Hours: M-F, 2:30 - 6 p.m. Ph: 428-7212

#46 SCHOOL

250 Newcastle Road

Hours: M-F, 3:30 - 6 p.m. Ph: 428-7294

ADAMS STREET

85 Adams Street

Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-7266

AVENUE D

200 Avenue D

Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-7934

CAMPBELL STREET

524 Campbell Street

Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-7860

CARTER STREET

500 Carter Street

Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-7890

DAVID F. GANTT

700 North Street

Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-7149

EDGERTON

41 Backus Street

Hours: M-F, 2:30 - 9:30 p.m. Ph: 428-6769

FIELD STREET / #35 SCHOOL

194 Field Street

Hours: M-F, 2:30 - 6 p.m. Ph: 428-7362

FLINT STREET

271 Flint Street

Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-7001

HUMBOLDT / #28 SCHOOL

1045 Atlantic Avenue

Hours: M-F, 3:30 - 6 p.m. & 6:30 - 9:30 p.m. Ph: 428-7294

PIERPONT / #7 SCHOOL

219 Pierpont Street

Hours: M-F, 3:30 - 9 p.m. Ph: 428-6859

ROXIE ANN SINKLER

75 Grover Street

Hours: M-F, 2:30 - 9:30 p.m. Ph: 428-7827

SOUTH AVENUE

999 South Avenue

Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-6015

THOMAS P. RYAN

530 Webster Avenue

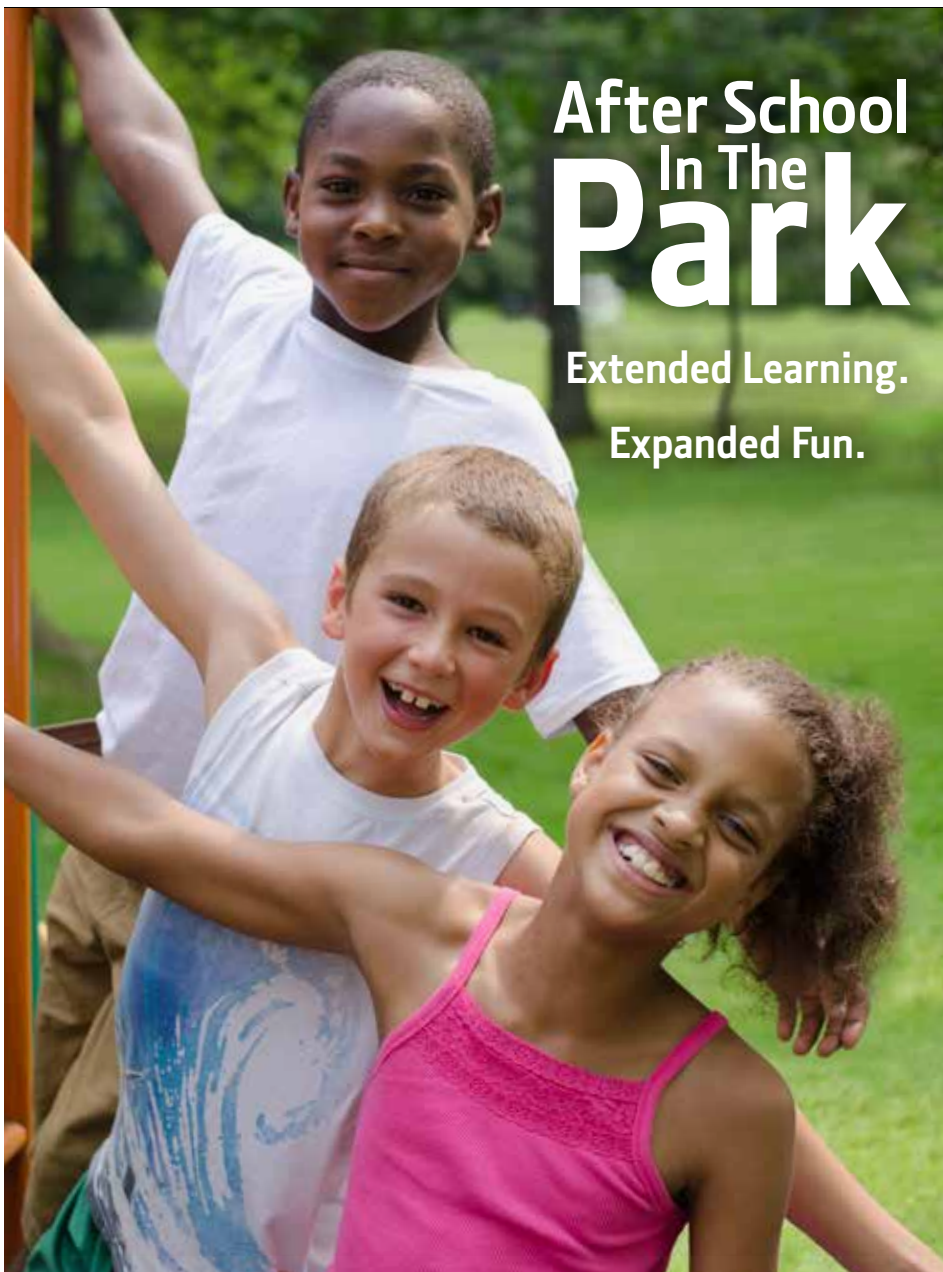
Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m. Ph: 428-7828



GET AN EZ REC PASS!

One pass gives you access to Recreation's programs and facilities, fitness & exercise, top-notch athletics,

outstanding arts programs, swimming pools and spray parks, ice skating, youth leadership opportunities, and more! Visit your local R-Center or call 428-6755 for more information.



After School In The Park

Extended Learning.
Expanded Fun.

Throughout the school year, the City of Rochester's After School in the Park Program provides an engaging and nurturing after school environment for city youth in grades K-6.

Conveniently located at Cobb's Hill Park, kids can take in an array of fun fitness, educational and arts activities, get help with homework, enjoy a free hot dinner and best of all, make lasting friendships. This school year, the program will run from September 8, 2014 through June 25, 2015 on weekdays from 2 p.m. to 6:30 p.m. Cost is \$55 per week for city youth; \$45 per week for siblings. For just \$85 per week, youth can receive all-day care through this program during the winter and spring school recesses from 9 a.m. – 5 p.m.

For more information and placement availability, call **428-6755**.

RocMusic

The transformative power of music is sweeping the country through the inspiration of Venezuela's revolutionary El Sistema music projects.

RocMusic is an El Sistema inspired social music project that offers classical music classes and instrument lessons to city youth ages 6-18 free of charge. No previous musical experience or training is required and there is no charge for instruction.

RocMusic currently has over 50 students at the David F. Gantt R-Center which meet Mondays, Wednesdays, and Fridays from 4:00 to 6:00 p.m. Students in grades 1-3 begin by learning to sing and read and write music, and then move on to beginning instrumental study including dulcimers and drumming. Students in grades 4 and above receive similar instruction plus beginning lessons on violin, viola, cello, or double bass.

RocMusic is a joint partnership between the Hochstein School of Music & Dance, the Eastman School of Music, the Eastman Community Music School, the City of Rochester, the Rochester Philharmonic Orchestra, and the Rochester City School District.

Interested students should apply by filling out an application found at the David F. Gantt R-Center or online at RocMusic.org

ATHLETICS & AQUATICS

R-Centers offer a variety of pickup and organized youth and adult sports programs throughout the city. Whether you're interested in flag football, basketball, wrestling, hockey, indoor soccer or swimming, Rochester Recreation has opportunities for you to stay active this fall.

LEAGUES & LESSONS

FLOWER CITY INDOOR SOCCER

Flower City Soccer League offers youth from R-Centers a positive environment to learn or to improve their soccer skills. Stop at your nearest R-Center and register during October. The season begins November 21. Age divisions are available for both girls & boys: ages 5-7, under 10, under 12, under 15, and high school.

NFL FLAG FOOTBALL

NFL FLAG is the premier youth flag football league for boys and girls up to 15 years old. The program provides young players a fun and exciting opportunity to build skills, engage in non-contact, continuous action and learn about the importance of learning lessons in teamwork. The program is designed to educate young people about football while emphasizing participation and sportsmanship. Players learn skills and lessons that help them succeed both on and off the field. Coaches and volunteers welcome. Call 428-6755 for more information.

WRESTLING (YOUTH)

Sponsored by the City-Catholic Wrestling Association, R-Center youth get exposed to one of the world's oldest sports, wrestling, at Ryan Community Center and Roxie Sinkler Community Center. Open to youth ages 8-14. Registration is October 1 through November 11. Call 428-6755 for more information.

FLOOR HOCKEY (YOUTH)

A city-wide indoor hockey for youth 15 and under with support from the Rochester Amerks.

Game Days: Tues., Wed. & Thurs.

Game Times: 5:30, 6:30 or 7:30 p.m.

Season Begins: December 2

ADULT TENNIS LESSONS

Get into the swing of things at beautiful Cobb's Hill and Genesee Valley Parks.

Registration begins in September. Cost is \$96 for eight - 90 minute lessons. Morning &

evening classes are available September 2 through 29. Lessons run Tuesdays &

Thursdays at Genesee Valley Park or Mondays & Wednesdays; Saturdays & Sundays at Cobb's Hill Park.



SPORTS FACILITIES

FITNESS CENTERS

Achieve your personal fitness goal at an R-Center near you. Workout facilities are located at David F. Gantt, South Avenue, Avenue D and Flint Street R-Centers. Call individual R-Centers for time and equipment availability.

GVP SPORTS COMPLEX

The newly renovated GVP Sports Complex, located at 131 Elmwood Avenue, hosts recreational ice skating for all ages, including a youth hockey club, adult ice hockey leagues, and speed skating. The ice rink can also be rented for events, birthday parties, and more. The rink opens September 14. Adults interested in leagues should call 428-7888.

GVP RINK SPECIAL EVENTS:

River Romance Moonlight Skate

Sat. 10/4, 5-7 p.m.

Sun. 10/5 2:30-3:45 p.m.

and 4-5:15 p.m.

Columbus Day Family Open Skate

Mon. 10/13 12-1:15 p.m.

and 3:15-4:30 p.m.

Skate and Salute

Tues. 11/11, 10:30-11:45 a.m.

and Noon-1:15 p.m.

Skate with Santa

Sun. 12/21, 2:30-3:45 p.m.

and 4:00-5:15 p.m.

DR. MARTIN LUTHER KING, JR. MEMORIAL ICE SKATING RINK

This ice skating rink in the heart of downtown is the perfect place for a family outing. Skaters will enjoy a warming shelter that features a heated floor and fireplace, new rental skates and a sound and lighting system. The rink is also available for rent. The skating season begins on Sunday, November 23, 2014



ADAMS ST. INDOOR POOL

This Olympic-sized, heated indoor pool is open year-round in the beautiful and historic Corn Hill neighborhood. The aquatics program features both youth and adult swim lessons, adult lap swim, family fun nights and birthday parties and lifeguard prep course for teens. The pool is home to the Rochester Rapids Swim Team, a competitive swim team for ages 6-21 years. For more information, call 428-7456.

CLINTON BADEN INDOOR POOL

This 25 yard, six lane indoor swimming pool has gone under some major renovations recently to improve lighting, ADA accessibility and other improvements. For more information, call 325-4910.

FREDDIE THOMAS INDOOR POOL

Looking to hit the water after Thanksgiving and get back into shape? This winter program begins December 2 on Tuesdays and Thursdays (Time TBA). Registration begins on December 2 at the Freddie Thomas Learning Center Pool. Call 428-6755 for more information.

GENESSEE WATERWAYS CENTER

A scenic entry point to the Genesee River, the Genesee Waterways Center offers rowing, sculling and outrigger canoe courses as well as kayak and canoe rentals into October. From the boathouse you can also walk or bike along many green trails that intersect in Genesee Valley Park and enjoy the Fall Foliage. Go to www.geneseewaterways.org for schedules and rates.



SPECIAL EVENTS

Recreation offers a variety of special events to promote city parks and trails, provide free family fun and to increase awareness of our community's rich history and heritage.



PUNT, PASS AND KICK

Wednesday, Sept. 24

East High School

NFL PP&K, the oldest grassroots initiative at the NFL, continues to reach children ages 6-15 and allows them to experience the fun of learning football fundamentals in an engaging and supportive non-contact environment. There are five age categories for both boys and girls: Age 6-7, Age 8-9, Age 10-11, Age 12-13 and Age 14-15. To pre-register, visit any R-Center or register on the day of the event at East High School. For more information about the NFL's Punt, Pass & Kick program, go to www.NFLPPK.com.

RIVER ROMANCE

Friday, Saturday and Sunday

Oct. 3, 4 and 5

The City of Rochester is in its third decade of celebrating our Genesee River through the River Romance

weekend's full schedule of activities and events. For more information visit: www.cityofrochester.gov/riverromance

HAUNTED HAY RIDE IN THE GORGE

Saturday, Oct. 18, 7 - 9 p.m.

Maplewood Park

This family-friendly descent into the Lower Gorge aboard a tractor drawn wagon features creatures and spirits sure to scare. Preregistration required. Tickets are available at City Recreation Administration Office, 400 Dewey Ave. or at the Maplewood YMCA, 25 Driving Park Ave.

POST THANKSGIVING

FAMILY FUN DAY

Saturday, Nov. 29, 12 - 4 p.m.

R-Centers across the city will host special events for children and their families. It is a great opportunity to get out of the house and burn off that turkey!

PUMPKINS IN THE PARK 5K

Saturday, Oct. 25, 9 a.m.

Cobb's Hill Park, Lake Riley Lodge

Get in the spirit of Halloween during this USATF Certified 5K race. The event includes youth races starting at 9:45 a.m. Kids distances include quarter mile, half mile and mile. Proceeds benefit the Tony Jordan Youth Sports Foundation, supporting Rochester Youth Sports Organizations. Register online at: www.yellowjacketracing.com.

HISPANIC HERITAGE MONTH

Sept. 15 - Oct. 15

Celebrate Hispanic Heritage Month with series of events that highlight Latino culture.

HISPANIC HERITAGE MONTH EVENTS

Reception & Dance for Puerto Plata Fire Fighters Assistance Project

Thurs. 9/4, 6 - 9p.m.

City Hall Atrium, Tickets \$40/person

Art Link Gallery Exhibition

9/9 - 10/27

Kickoff Ceremony

Mon. 9/15, 12- 1:30 p.m.

City Hall Atrium

Honoring Abuelitos Event

Thurs. 9/25, 6 - 8:30 p.m.

Our Lady of the Americas Church, 864 E. Main St.

Youth Performance Art Showcase

Fri. 10/24, 6 - 8:30 p.m.

David F. Gantt R-Center, 700 North St.

Latino Student College Fair

Fri. 10/10, 9 a.m. - 1 p.m.

MCC Damon Campus, 228 E. Main St.

Latinos in Literature

Thurs. 10/16, 6 - 8 p.m.

Central Library, 115 South Ave.

Noche de Gala Night

Sat. 10/18, 6 - 11 p.m.

La Luna Restaurant, 60 Browns Race
Tickets \$50/person

No More Domestic Violence Dance-A-Thon

Sat. 10/25, 12 - 4 p.m.

David F. Gantt R-Center, 700 North St.



Buy Fresh. Buy Local. Shop the Rochester Public Market.

Open Tues. and Thurs., 6 a.m.–1 p.m. & Sat., 5 a.m.–3 p.m., 52 Weeks a Year!

Rochester Public Market, 280 N. Union St.

Questions? Call 311 • www.cityofrochester.gov/publicmarket

Believe.



City of Rochester, NY
Lovely A. Warren, Mayor
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LET'S ALL READ... **YOU**



Librarians across the Monroe County Library System are encouraging everyone to read the same young adult novel!



Meet author Charles Benoit!

**Wednesday
October 15
3:30-5:00 pm**

Central Library of Rochester & Monroe County
115 South Avenue
Kate Gleason Auditorium
585-428-8451

Teens can enter to win a book prize by Charles Benoit! Refreshments provided. No registration necessary.

PRESENTING the 5th ANNUAL
**Greater
Rochester
Teen
Read**
October 12-18, 2014

Go to <https://sites.google.com/site/mclsteens/grtrw> for details.



Central Library
of Rochester
& Monroe County

The Central Library is accessible to people with disabilities. To request specific accommodations, call 585-428-8304 ten days prior to the program.



Make friends with books!

Today a reader, tomorrow a leader.

Every child should read 30 minutes every day.



www.rcsdk12.org



We're Takin' it to the Streets!

The City of Rochester's
Recreation on the Move Van
 is rolling into your neighborhood!

On board you'll find: Healthy Snacks • Homework Help
 • Outdoor Games & Sports • Health & Nutrition Info
 • Activities & Crafts • Daily Giveaways • Free Books



Look for us in these neighborhoods from 3:30 to 6:30 p.m.!

DATES	EAST	WEST
Sept. 9-12	Fourth & Peck Park	Jones Square
Sept. 16-19	Grand Ave. Playground	Troup St. Park
Sept. 23-26	Ellwanger & Barry Park	#10 School Playground
Sept. 30-Oct. 3	Baden Park	Brown Square Park
Oct. 7-10	TILC Ministries 1443 E. Main St.	Aberdeen Square
Oct. 14-17	Marie Daley Park	Smith & Orchard Park
Oct. 21-24	Lewis St. Playground	Bronson Park
Oct. 28-31	Don Samuel Torres Park	Jefferson Terrace Park



www.cityofrochester.gov/reconthemove

Questions? Call 311 • Outside the city call 428-5990