

Rochester Recreation

SUMMER 2017

2017 Summer Programs

A COMPLETE GUIDE TO
CITY SUMMER CAMPS,
SWIM SITES, SPECIAL
EVENTS & MORE!

Includes:
**Flower City
Feeling Good**
Activity Guide

Believe.



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

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2017 Summer Programs

Department of Recreation & Youth Services Information

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Phone: (585) 428-6755

Office hours: Weekdays, 9 a.m. to 5 p.m.

FACILITIES AND RENTAL INFORMATION

Rochester Recreation offers a number of lodges, community centers, meeting rooms and gyms to rent for your next family party or special event. Visit www.cityofrochester.gov/facilityrental or call 428-6755 for more information.

Important Dates

MAY 29, MEMORIAL DAY

Administration Office and R-Centers closed

JUNE 19 - 25, STAFF TRAINING

R-Centers closed

JULY 4, INDEPENDENCE DAY

Administration Office and R-Centers closed

SEPT. 4 - 8, STAFF TRAINING

R-Centers closed

SEPTEMBER 4, LABOR DAY

Administration Office and R-Centers closed



Summer Meals

School is out & summer is in!

This summer, kids ages 18 and under can enjoy a free nutritious breakfast and lunch daily at your local R-Center.

To find the nearest site, call 211 or visit: cityofrochester.gov/summermeals



SUMMER FUN *in the City*

Rochester may be known for its snowy winters but summer is when the “Flower City” really blossoms. With its beautiful beaches, historic parks, popular R-Centers and a prodigious line-up of summer events, there is something for everyone to enjoy. The City of Rochester’s summer recreation line-up offers so many opportunities to get out and take advantage of the warmer months while learning something new and exploring our city.

From scenic trails to historic sites, the City’s many parks are sure to delight outdoor enthusiasts and history buffs alike. Many feature sports fields, playgrounds, picnic areas and rental lodges, making them the perfect place to play or host a family event. City pools, spray parks and beaches provide a fun, safe way to learn to swim, join a swim team or beat the heat.

The City’s many R-Centers are jam-packed with programs and activities that inspire people of all ages to stay fit, be creative, learn something new and make friends along the way. R-Center offerings include magnet day programs for youth that focus on the arts, science, technology, sports, nature and the environment. R-Center ArtSmart and Youth Sports fee-based summer camps offer fun and affordable options for city families. Visitors can also take advantage of R-Center fitness facilities offered at several locations. We’re working hard to create safer neighborhoods, more jobs for our citizens and better educational opportunities for our children and our R-Centers are important resources for strengthening our community.

I invite everyone to make this a summer to remember by taking advantage of all the opportunities we make available. Have a fun, safe and active season!



Lovely A. Warren, Mayor
City of Rochester, NY

CITY RECREATION in the Spotlight

STEAM

City Recreation is STEAMing up some great learning programs for our youth at our camps and on the move! The focus is to engage youth and make learning and fun part of everything we do.

Beginning in late April STEAM will be offered daily at various city parks and R-Center locations via the two City of Rochester Recreation on the Move vans. The STEAM Mobile Initiative is an exciting new program that places an emphasis on recreation activities with a foundation in Science, Technology, Engineering, the Arts and Math.

Under the supervision of highly trained staff, youth have the opportunity to participate in activities that promote experimental, hands-on learning to expand their understanding and knowledge. STEAM participants will conduct science experiments, build lava lamps, engage in group play sports activities, explore their natural surroundings; as well as music, dance, theater and visual arts projects.

Na'Im Wilcox, STEAM program coordinator explains the important connection between STEAM and the transferable skills gained by its youth participants, "STEAM is a great introduction to the science of play in recreation. It's an inclusive program that incorporates science, technology, engineering, art and math- which are the foundation of play exploration processes."

Keda Brock of SySTEMic introduces youth to the concepts and theories that support Science, Technology, Engineering and Mathematics through hands-on, inquiry based activities. It is the STEM career exploration component that makes it unique. Brock a working Scientist, engages professionals in STEM careers such as scientists, fire fighters, nurses and chefs to showcase the types of jobs that STEM can lead to.

The exposure to STEM related fields is vital to the success of the next generation work force as it is predicted that the vast majority of jobs in the next decade will require proficiency in STEM fields. Encouraging and motivating youth to get involved in STEM at a young age increases the likelihood that they will choose STEM related careers and stay competitive in the global marketplace.

The most important element of STEAM is the fun quotient. Most participants don't realize all the ways that STEAM concepts are related to their everyday interactions. Through STEAM, the City of Rochester invites young people to open their eyes to new ways of thinking about their daily activities, become a junior scientist or an artist for the day, all the while becoming aware of the endless possibilities inside of them.



Earth Explorers

This summer the R-Centers are empowering youth to grow where they are planted. The Humboldt R-Center has a long standing tradition of cultivating young minds by making the natural world their classroom.

In recent years, youth participants have maintained raised bed vegetable gardens, learned how to plant then harvest their produce and turn it into healthy meals and snacks. What a phenomenal way to reinforce consistency, cultivation, and the value of maintaining a healthy life style.

Through valuable community collaborations, Humboldt R-Center youth run a weekly farm stand in partnership with FoodLink, read to shelter animals at the Verona Street Shelter, explore 4H programming with Cornell Cooperative Extension of Monroe, and boost their nutrition knowledge through workshops with nutrition educators from Finger Lakes Eat Smart NY program.

The Humboldt R-Center youth participate in weekly Wednesday field trips where they explore the Rochester Museum and Science Center, the U.S Fish and Wildlife Conservation Office, Mendon Ponds Park, Genesee Waterways Center for kayaking, and the Cracker Box Palace to learn more about animal rescue.

The Humboldt R-Center has creatively integrated an arts and photography program with a focus on nature to allow youth to develop their eye and imagination through digital photography, sculpture using recyclable materials and the creation of musical instruments with items found in nature. In the summer of 2017 The program will offer equestrian adventures to give participants the opportunity to learn horsemanship, enjoy weekly riding activities and learn the different components of operating a farm.



Earth Explorers from the Humboldt R-Center learn how honey is made and the importance of pollinators at Sweet Bees Inc.

Help the Flower City Bloom by Joining Flower City AmeriCorps

Apply for a year of service with Flower City AmeriCorps.

Flower City AmeriCorps has opportunities to serve in the Department of Recreation and Youth Services, Rochester Public Library, Neighborhood Service Centers, the Office of Innovation and Strategic Initiatives, and other community agencies with a primary focus on anti-poverty services. Throughout your year of service, you'll get a living allowance, transportation support, childcare benefits, health insurance (if qualified,) and an education award at the end of your year of service. Get invaluable job experience while giving back to the community.

Both full and part-time opportunities are available for members. Serving target city neighborhoods, members will work in quadrant-based teams working on employment readiness and job placement, early childhood

literacy and numeracy (math), positive youth development, health education, food justice and hunger prevention, financial literacy or housing services, among other opportunities to serve the community.

Serving in AmeriCorps has many benefits for members. Not only will you experience a huge sense of pride and satisfaction by serving your community and being part of a team, you will receive hands-on professional experience that will translate well into other employment settings.

Are you ready to help the Flower City bloom? Visit www.cityofrochester.gov/ameriCorps or call 428-9342 for more information.



Aquatics Program Scholar

The City of Rochester's stellar Aquatics program provides youth throughout the Rochester community opportunities in many more ways than one might imagine.

The Aquatics Program assists infants to adults with learning water safety skills, provides swimming lessons to lifeguarding classes and facilitates swim teams and events.

Nothing quite feels better than stepping into one of the beautiful City pools or running through a refreshing spray park on a hot summer afternoon. One of the most unique features and a great sense of pride for the program is the homegrown talent that is now making the City of Rochester Aquatics programs and facilities a great experience for our next generation of swimmers.

Many of the on duty lifeguards you will see upon your visit this summer were trained here at one of the Department of Recreation and Youth Services pools. A shining example of that progression is third-year lifeguard, London Graham. London grew up swimming at the Genesee Valley Pool every summer where he perfected his swimming skills under the tutelage of city lifeguards. With hard work and dedicated mentorship his skills developed strongly inspiring one of the managers to suggest he become a lifeguard. After gaining his first employment experience with the City of Rochester SOOP program working at Unity Hospital, London decided to apply for the Adam St. Pool lifeguard class. To no one's surprise, he passed the test and became a City of Rochester Lifeguard stepping in as both protector and mentor to community youth, just as he had once been at the Genesee Valley Pool. Focused, successful and always eager to learn both inside and outside of the pool, London graduated from UPREP in 2015 and has expanded his skills to include ice-skating where he

worked as a rink aide at Martin Luther King, Jr., Rink. Always a valued member of the team, he is currently assisting in the recruiting of future lifeguards at local city schools to ensure the diversity of staff for our pools.

Graham exemplifies the finest in R-Center staff and represents all that our City youth are capable of. He has performed the National Anthem two years in a row at the City of Rochester's Aquafest where over 250 youth participated in the day's water related activities. London was also recognized in 2016 by Mayor Lovely A. Warren for coming to the aid of a man who considered taking his life on the Upper Falls Blvd. Bridge. Thanks to London's heroic actions, the man survived.

The City of Rochester applauds Mr. London Graham on his accomplishments and all of the young people that have grown up in the Department of Recreation and Youth Services programming and are now reaching back to inspire, enrich and engage the next generation of youth in our programs!

Hip-Hop 101

Is it the beat that instantly runs through your body? The urban stories so eloquently relayed in a rhythmic spoken tone? What is it that made you fall in love with Hip Hop?

That is the question that seemed only fitting for Nate Smith the Gantt R-Center's Recreation Leader who is the lead inspiration and educator in the Hip-Hop 101 youth arts program. His love affair with the sound, culture and expression of Hip-Hop music is a lifelong one.

Son of a gospel singer, music was engrained in his DNA. Through a progression of learning instruments and experimenting with beats in his youth, Nate hit the jackpot working at a local record shop where he was schooled



80% of the youth enrolled in Hip-Hop 101 remain involved with music into their adulthood.

on the building blocks of hip-hop by a local music great and his supervisor, Rodger Jones. Surrounded by Rochester music royalty Smith was able to build his understanding of the five elements of hip-hop, learn the history of the culture and eventually even stand in to host one of Rodger Jones' legendary rap battles.

Throughout the course of his career Nate was able to integrate his love of Hip-Hop with his deep investment in the youth of Rochester in a profound way. From this life-long journey "Hip-Hop 101" was born.

His original vision was simply to recondition the negative image that society sometimes has of the music that he so much loves. As he began to absorb hip-hop culture as a way of life and see that in many ways it raised a generation of people, he knew it could become a powerful vehicle to teach and to learn from our youth. Through Hip-Hop 101 Smith seeks to empower his young students to "be who they are, not discourage their thoughts, but instead define who they are.

The class is open to youth in the Rochester community who are interested in learning who their favorite rapper's favorite rapper is and thus the history of hip-hop that has transformed into what they are familiar with today.

In the class youth identify content, the use of metaphor and simile and the importance of social consciousness. These transferable skills are invaluable to providing youth with the strategies and resources to live a successful life in a language they can relate to. The twelve part curriculum begins with a walk through the history and origins of Hip-Hop culture and moves into cultural relevance and content. The scholars are guided through writing their own biographies and move into the mechanics of writing music and use of recording equipment. After completing the dynamic and content rich programming, the young MCs qualify for studio time to record up to 3 songs that will build their demo package.

Smith could boast about the Hip-Hop legends, like Rakim, that he has pulled in to interact and encourage the students; but instead lists his greatest

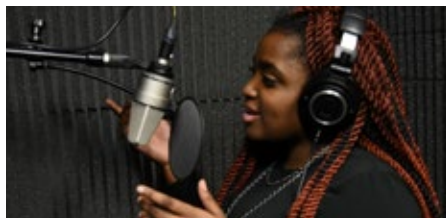


Roc Paint Division's mission is to beautify the City's R-Centers through mural arts while providing employment and training opportunities to young developing artists.

accomplishments through Hip-Hop 101 as the impact it has had on some of his many past scholars. Smith estimates 80% of the youth he has worked with remain involved with music into their adulthood.

One he assisted in starting an online radio station, another now studying at Tuskegee University highlighted him in his high school graduation speech. They developed a bond and deep mutual understanding through the bridge of the music. Nate Smith has left an impact on hundreds of young lives through Hip-Hop 101, as they have passed through the David F. Gantt and Carter St. R-Centers.

Thursday nights at Gantt you are invited to be a part of the magic, the art and the creativity that is the music while mastering your craft through Hip-Hop 101.



Roc Paint Division

Bright colors from paint cans, canvasses, brushes, spray paint bottles all welcome you as you enter the Roc Paint Division headquarters.

The City of Rochester's Youth Mural Arts Program has left a lasting impression. As it enters its second season, youth from throughout the City work under the leadership of local artists to create beautiful surroundings for all who use the City's R-Centers. Under the leadership of Sarah Rutherford, Lisa Barker and Justin Suarez, Roc Paint Division's mission is to beautify the City's R-Centers through mural arts while providing employment and training opportunities to young developing artists.

What developed through the initial 13-week pilot program in 2016 was nothing short of phenomenal. A team of seven youth created awe-inspiring colorful murals at 6 of the City's R-Centers. The murals were unified by their common theme of growth, chosen in part to acknowledge the major role that the R-Centers play in the lives of the young people who spend time there during

their formative years. The project not only provided the seven youth with work experience, it resulted in breath-taking artistic depictions of youth, energy and hope that glow like beacons from the corners of the community that they shine from.

In 2016, Roc Paint Division created large murals at the Campbell St., Flint St. and Roxie Ann Sinkler R-Centers as well as smaller panel installations at Carter St., Gantt and Douglass R-Centers. This unique programming thrives with the invaluable contribution of the tremendous talent of Rochester's youth but is made even more powerful by the collection of resident and guest artists that act as teachers and supervisors. "It is really lead by artists, working in the city.

January 2017 marked the beginning of the project's second year. Justin Suarez and Lisa Barker were joined by local artist Brittany Williams to lead this year's crew of eight young artists, who will be charged with creating this year's murals. Follow the young artists story in their own words through blogs at: www.rocpaintdivision.wordpress.com.



R-Centers offer opportunities for kids to explore their passions through activities that focus on their interests.

Magnet Programs

Magnet programs offer activities centered on focused areas of interest. In these programs, youth learn through investigation, experimentation and problem solving. Each Magnet Program also includes time for organized play, field trips related to the magnet theme and outings to Rochester's recreational and cultural attractions. Breakfast and lunch are included. Register your child now for one of these exciting summer programs by calling or visiting any R-Center. All programs run Jun.26 - Aug.20 Mon. – Fri. 8:30 a.m. - 4 p.m.

STEM Explosion

Exploring STEM (science, technology, engineering and mathematics) subjects with hands-on activities, helps youth connect learning to their own lives and the world around them. This program will ignite and expand your child's interest in science and technology. Available at: Carter Street R-Center

Creative Arts Workshop

Creativity is using the imagination to see the world or solve a problem in a new way—a valuable skill for academics and life. In this arts-infused program, youth can unleash their imagination. Local artists and trained staff will lead daily activities exploring dance, theater, creative writing, music, arts and crafts and more. Available at: Edgerton R-Center

Sports Center

Youth who play sports do better in school, develop personal discipline and learn how to get along with others. At Sports Center, youth will explore a new sport each week. They all learn basic skills through age-appropriate clinics, try fitness exercises, practice as a team, play group games and compete in tournaments. Available at: Avenue D & Flint Street R-Centers

Earth Explorer Expeditions

In this program, youth will discover the great urban outdoors. They all explore local parks and natural areas and learn about nature, urban gardening, nutrition, healthy cooking, reusing and recycling and more. Available at: Humboldt R-Center

Other Great Programs

ROCmusic













This summer, ROCmusic offers two exciting opportunities to start earning an instrument, join an orchestra and get musical! Our tuition-free camps are open to city youth (rising grades 1-12) who have no prior musical training or have already learned how play a bowed-stringed instrument. June 26 - July 1 and August 7- 13. Applications are available online at www.ROCmusic.org Available at: David F. Gantt R-Center

Biz Kid\$

Biz Kid\$ is a week-long camp that teaches youth ages 10-13 how to build 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 their very own business plan. Participants also get real sales experience by operating a lemonade stand at City Hall and pocket the profit! On the final day of camp, youth vie for cash and other great prizes by presenting their business plans to a panel of local business professionals. Many Biz Kid\$ graduates have gone on to create successful businesses selling hand-made jewelry, providing pet-sitting, bicycle repair, and landscaping services and more.

Biz Kid\$ camp is offered in two, week-long sessions at the Danforth Community Center, located at 200 West Ave., July 17-21 and August 14-18, from 9 a.m. until 4 p.m. daily. City residents can enroll for free; those who live outside the city can participate for \$60. Breakfast and lunch is provided each day. Space is limited so enroll soon by visiting: www.cityofrochester.gov/bizkids

R-Center Locations & Amenities

-  Meeting Space
-  Performance Space
-  Playground
-  Outdoor Courts
-  Swimming Pool
-  Spray Park
-  Gym
-  Game Room
-  Teen Lounge
-  Fitness Center
-  Computer Lab
-  Summer Meals



Southwest	
Adams Street Address: 85 Adams St. Phone: 428-7266 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	           
Flint Street Address: 271 Flint St. Phone: 428-7001 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	           
Roxie Ann Sinkler Address: 75 Grover St. Phone: 428-7827 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	
Southeast	
Humboldt / #28 School Address: 1045 Atlantic Ave. Phone: 428-7294 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	
Frederick Douglass Address: 999 South Ave. Phone: 428-6015 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	
Thomas P. Ryan Address: 530 Webster Ave. Phone: 428-7828 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	
Northeast	
Avenue D Address: 200 Ave. D Phone: 428-7934 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	
Carter Street Address: 500 Carter St. Phone: 428-7890 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	
David F. Gantt Address: 700 North St. Phone: 428-7149 Hours: M-F 8:30 a.m. - 9 p.m. Sat 10 a.m. - 5 p.m.	
Northwest	
Edgerton Address: 41 Backus St. Phone: 428-6769 Hours: M-F 8:30 a.m. - 5:30 p.m. Sat closed	
#17 School Address: 158 Orchard St. Phone: 899-9211 Hours: M-F 8:30 a.m. - 5:30 p.m. Sat closed	
#42 School Address: 3330 Lake Ave. Phone: 428-7829 Hours: M-F 8:30 a.m. - 5:30 p.m. Sat closed	

The Department of Recreation and Youth Services offers activities for youth ages six and over. A responsible person must accompany, and remain with any child under six. Staff are not authorized to hold youth in most activities or on the premises. Parents may inquire about programs that are designed to allow staff to keep participants until a specific time. Call 428-6755 for more information.

Make it a SUMMER of AWESOME!

MAKE IT A SUMMER TO REMEMBER
AT R-CENTER CAMPS



A diverse group of friends, caring staff, affordable prices and convenient locations are just a few reasons to choose R- Center Camps this summer.

ArtSmart

ArtSmart Summer Camp, nestled in the heart of beautiful Cobb's Hill Park, offers youth ages 6-13 fun-filled summer of learning through the arts and creative expression. Music, dance of many genres, visual art, photography, improv and more are presented at an introductory level to meet the interests of Art Smart's eager participants. Youth are encouraged to set their imaginations free by expressing themselves in a way that suits their own unique style. ArtSmart includes group games and outdoor activities in a spacious, inspiring, outdoor play area. Field trips to exciting and educational Rochester attractions add to the fun. ArtSmart culminates in a final creative showcase and family celebration.

Great Adventures Summer Camp

New this summer, gear up for fun discoveries and expeditions with Great Adventures Summer Camp at the LaGrange R-Center. Campers will

embark on countless adventures and have the opportunity to pursue a variety of interests in themes related to the natural environment and other applications in Science, Technology, Engineering and Mathematics (STEM), the arts, and sports. Weekly field trips bring lessons to life intertwining play and engaging learning.

Youth Sports Camp

Youth Sports Camp, located in the historic Genesee Valley Park, offers participants the opportunity to expand their knowledge of and participate in an endless variety of sports. Each week, a different sport is featured with current and former professional athletes visiting often to add their expertise to their sport of choice. Past guests have included basketball with retired pro-ball player Glen Hagen, Soccer with Nicole Hercules of Flower City Soccer, baseball with Dave Valle, CrossFit training and football with one of the founders of Next Level and Beyond Football. With a

special focus on aquatics and water safety, participants may attend swim instruction daily and have the opportunity to participate in the annual summer Aqua Fest. Teamwork, mentorship, sportsmanship and positive behavior on and off the field is emphasized as positive character building qualities that are the foundation for a successful future. Youth also enjoy field trips and have a chance to meet professional athletes.

Why Not Try Them All?

Can't decide between ArtSmart, Great Adventures Summer Camp and Youth Sports Camp? Sign up for a different camp each week! All camps are offered for youth ages 6 through 13, from 8:30 a.m. to 5:30 p.m. daily, July 3 - August 25 at the affordable rate of \$100 per week for city residents, and \$145 per week for those living outside the city. Siblings can join in the fun at a \$25 discount. Breakfast and lunch are included at all camps.

Get Started

Don't miss out on these great programs, they fill up fast! To sign-up, download an application at www.cityofrochester.gov/summercamps. For more information call 428-6755.



2017 *Flower City* FEELING GOOD

The Flower City Feeling Good program focuses on getting community members outside, active and inspired to live a healthy and vibrant life. For a full program line-up visit:

www.cityofrochester.gov/fcfcg

WEDNESDAY

Night

EXERCISE
in the park

The City of Rochester boasts an array of beautiful parks and green spaces. This summer, the City of Rochester has partnered with the Maplewood Family YMCA to offer family friendly exercise programs in beautiful park settings. All classes are FREE. Exercise sessions start at 6 p.m. Please arrive 5-10 minutes early to get situated.

Yoga: July 12, 6 p.m. Maplewood Rose Garden. Meet in the Rose Garden parking lot at Lake Avenue and Driving Park Avenue.

Zumba: July 19, 6 p.m. Cobb's Hill Park. Meet at the Lake Riley Lodge parking lot off of Norris Drive.

Body 360: July 26, 6 p.m. Genesee Valley Park. Meet at the Genesee Valley Sports Complex off of Elmwood Avenue.

Yoga: August 2, 6 p.m. Cobb's Hill Park. Meet at the Lake Riley Lodge Parking lot off of Norris Drive.

Zumba: August 9, 6 p.m. Maplewood Rose Garden. Meet in the Rose Garden parking lot at Lake Avenue and Driving Park Avenue.

Body 360: August 16, 6 p.m. Genesee Valley Park. Meet at the Genesee Valley Sports Complex off of Elmwood Avenue.

**Wednesday Nights,
July 12–Aug. 16**

FREE exercise sessions
start at 6 p.m.

CLASS DESCRIPTIONS:

Yoga: A relaxing program that offers slow stretching and strengthening of the body to improve posture and focus on the mind.

Zumba: A combination of dance and fitness movements to Latin and international music.

Body 360: Through non-aerobic exercise, participants work toward developing muscle fitness.

Free

HORTICULTURAL

WORKSHOPS AND TALKS

SATURDAY GARDEN WORKSHOPS

Get excited about gardening! The City of Rochester has teamed up with Cornell Cooperative Extension to provide several exciting garden talks. Talks will take place on Saturday mornings at various City libraries.

Groceries from the Garden: Starting an Edible Garden in Your Yard. April 29, 11:30 a.m.-12:30 p.m., Arnett Library, 310 Arnett Blvd. Learn tips and techniques for growing fresh, delicious produce in your backyard!

Seed Starting For a Successful Garden: A seed starting workshop for families. May 20, 10:30-11:30 a.m. Winton Library, 611 Winton Road. Learn how to start seeds for your home garden. This is a family friendly workshop for youth 5 & up and their caretakers.

Butterflies, Bees and Other Beneficials: Attracting Pollinators to Your Garden. June 17, 10:30 a.m. - 11:30 a.m. Phillis Wheatley Library, 33 Dr. Samuel McCree Way. Learn how to select perennials that attract pollinators, provide food sources for birds and support butterflies.



SATURDAY RAIN BARREL WORKSHOPS

The City of Rochester has teamed up with Monroe County Soil and Water to offer rain barrel workshops for city of Rochester residents! Workshops will take place at the Rochester Urban Agriculture Garden and Training Center (RUAGTC) at 500 Norton Street.

Rain Barrel Demonstration. May 7, 10 a.m.-11:30 a.m. Learn how to utilize rain barrels to collect rainwater & store it for dry days to water your garden.

Rain Barrel-Building Workshop. May 20, 10 a.m.-11:30 a.m. Learn how to build a rain barrel and utilize the downspouts on your home or shed to collect rain water. Save money on your water bill and divert storm water from Lake Ontario! Pre-registration required: To register call 585-428-7660, between May 1 -10.

Rain Barrel-Building Workshop. June 10, 10 a.m.-11:30 a.m. Learn how to build a rain barrel and utilize the down-

spouts on your home or shed to collect rain water. Save money on your water bill and divert storm water from Lake Ontario! Pre-registration required: To register call 585-428-7660, between June 1 -7.





CORNELL COOPERATIVE EXTENSION OF MONROE COUNTY

WEDNESDAY GARDEN WORKSHOPS

Gain hands-on experience in the garden! Join Horticulturalist Walt Nelson from Cornell Cooperative Extension-Monroe County, as well as other experienced gardeners, for a series of hands-on gardening workshops related to growing and maintaining edible gardens. All Wednesday workshops will take place at the Rochester Urban Agriculture Garden and Training Center (RUAGTC) at 500 Norton Street. The RUAGTC was founded and is operated by the City of Rochester's Northeast Neighborhood Service Center through a grant from the Scotts Miracle-Gro Foundation.

April 26, 6-8 p.m. Extend the Growing Season. Learn how to grow the right cool season veggies beyond frost dates so you can harvest more often.

May 3, 6-8 p.m. Easy Seeds for All-Season Blooms. Learn how to direct seed color into your garden using easy to grow ornamental plants. Seed saving and source will also be discussed.

May 10, 6-8 p.m. Getting Started: How Plants Grow Best. Learn the basics for starting an edible garden: site selection, soil testing, starting seeds, etc.

May 17, 6-8 p.m. Planting Techniques. Learn how to start edible crops, and transplant seedlings into the garden.

May 24, 6-8 p.m. Maximize Your Space/ Companion Planting. Learn how to maximize your garden space using techniques like square foot gardening and companion planting.

May 31, 6-8 p.m. Container Planting with Ornamentals. Learn how to create container gardens that brighten up any space.

June 7, 6-8 p.m. Safe Fertilizing for Bountiful Harvests. Learn how to choose the best fertilizers, as well as techniques for application.

June 14, 6-8 p.m. How to Recognize, Prevent, & Fight Weeds. Learn how to

identify and combat common garden weeds!

June 21, 6-8 p.m. Smart Watering Techniques & Why They Matter. Learn tools and techniques that help you spend less time, effort and water- and help prevent disease.

June 28, 6-8 p.m. Composting Basics. Learn how to make 'black gold' using debris from your home garden.

July 12, 6-8 p.m. Attracting & Feeding Pollinators: Butterflies & Bees. Learn to identify beneficial insects and the importance of pollinators for bountiful harvests.

July 19, 6-8 p.m. Berry Crops. Learn how to include crops such as strawberries, raspberries and blackberries into your garden plans.

August 9, 6-8 p.m. Introduction to Edible Herbs. Learn how to incorporate culinary herbs into your garden designs.

August 16, 6-8 p.m. Growing Herbs for Tea. Learn how to make your own herbal tea blends with herbs from your home garden!

August 23, 6-8 p.m. Preparing for Next Growing Season. Learn how to prepare the edible garden for winter in order to minimize disease, weeds and insects.

Look for the Master Gardeners' Annual Plant Sale during the 2017 Lilac Festival, and their 22nd Annual Gathering of Gardeners' Symposium on September 9. For more information: www.monroe.cce.cornell.edu.

Questions about your garden? Contact the Garden Helpline at Cooperative Extension, 753-2555, staffed by Master Gardeners: April to October, Mon. - Fri., 9 a.m. to 12 p.m. and Nov. to March, Mon.-Wed.-Fri. 9 a.m.-12 p.m.

Diagnostic Lab: CCE-Monroe provides a range of diagnostic services to identify plant diseases/insects, weeds, other insects and soil pH. Samples can be brought to the office on St. Paul Blvd weekdays between 9 a.m. and 3 p.m. See the CCE-Monroe website for more details.



**SATURDAY
ROSE WORKSHOPS
AT MAPLEWOOD
ROSE GARDEN
10 A.M - 2 P.M.**

Greater Rochester Rose Society members will provide expert advice on roses and hands-on demonstrations. Meet by the fountain at the Maplewood Rose Garden, corner of Lake Ave. and Driving Park Ave. Free admission and no prior registration.

Workshops take place rain or shine.

May 7: Rose Pruning. This hands-on workshop will demystify rose pruning and help you get the very best bloom out of your roses!

October 1: Winterizing Roses. This hands-on workshop will help you prepare your roses for the harsh winter weather.

**FLOWER CITY
GARDEN CONTEST**

The efforts of hundreds of dedicated city gardeners have been recognized over the past 20 years through the Flower City Garden Contest. Any gardener may nominate his/her own garden or a neighbor's garden. Recognition and prizes are awarded in several categories, including: 1) Best Use of Container Gardening 2) Best Use of a Water Feature 3) Best Educational Garden 4) Best Community Enhancement Garden 5) Best Wildlife/ Butterfly Habitat Garden, 6) Most Interesting Use of Art in the Garden, 7) Most Colorful Garden, and 8) Best Urban Farm/Garden. To register your garden: <http://www.cityofrochester.gov/gardencontest>. Deadline for 2017: June 21.

THURSDAY

HISTORY & NATURE

WALKS

Thursday Evening Walks highlight the historical and natural wonders of the City of Rochester. Walks last approximately 90 minutes. Wear comfortable footwear.

Mt. Hope Cemetery. June 8, 7 p.m.

Meet at the Cemetery Office at North Gatehouse Entrance, opposite Robinson Drive (791 Mt. Hope Avenue). Join docents from Friends of Mt. Hope to explore the oldest municipally maintained Victorian cemetery in the United States- including stops at many grave sites of prominent Rochesterians. Please be prepared for hilly terrain.

Corn Hill. June 15, 6 p.m. Meet at Ralph Avery Mall at the intersection of Frederick Douglass and Adams Street.

Join Historian Jim DeVinney on a tour highlighting the history of how the Corn Hill Arts Festival and its supporters saved a historic Rochester neighborhood. Explore historic Corn Hill and go inside a historic home that narrowly escaped the wrecking crew!

Highland Park. June 22, 6 p.m. Meet outside of the Highland Park Conservatory. Join former City of Rochester Landscape Architect Joann Beck on Frederick Law Olmsted inspired tour of Highland Park.

Washington Grove. June 29, 6 p.m. Meet at the kiosk atop Cobbs Hill Reservoir in the open field behind the pine grove (take Reservoir Road off of Highland Ave.). Join Naturalist Peter Debes on an exploration of Washington Grove- an old growth forest in the City! Learn about

250 year old trees, and the birds and animals that inhabit this urban gem.

Eastman Business Park. July 13, 6 p.m.

Meet in the lobby of the Kodak Center, 200 West Ridge Rd., Rochester, NY (formerly Theater on the Ridge). Join Eastman Business Park Vice President Tim Palmer for a walking tour of the Kodak Center, including the famous theater, the gymnasium and the "lost pool." Walk through the historic east end of the park where George Eastman started Kodak Works. Visit the business headquarters of the park in building 26 and Eastman's Memorial.

Rochesterville. July 20, 6 p.m. Meet on the steps of the Rundel Public Library building on South Avenue. Join local historian Hal Schuler on an exploration of the site of the

former village of Rochsterville; stops include the site of Ebenezer Allen's mills and the original 100 acres purchased by Nathaniel Rochester in 1803.

Washington Grove. July 27, 6 p.m. Meet at the kiosk atop Cobbs Hill Reservoir in the open field behind the pine grove (take the reservoir road off of Highland Ave.). Join members of The Friends of Washington Grove to walk through the canopy of 250 year-old oak trees and find out about Washington Grove's natural and cultural history, its many changes and what the future may hold.

**Thursday Nights,
June 8—Aug. 24**

All walks start at 6 p.m.
and last approx.
90 minutes.



Port of Rochester and the Secret Sidewalk. August 3, 6 p.m. Meet at the Port of Rochester Terminal. Join local historian and naturalist Mike Parker to explore the splendor of the “Coney Island of Western NY,” including stories of Ontario Beach Park’s history, unique architecture and famous residents.

Lower Falls Gorge Tour. August 10, 6 p.m. Meet at the Maplewood Rose Garden parking lot (at the corner of Lake and Driving Park). Join gorge guide tour leader Ken Knapp on a tour of both the upper and lower falls and learn about the history of the forgotten sites of Carthage and McCracken-ville.

Susan B. Anthony Neighborhood. August 24, 6 p.m. Meet at the Prosper Rochester storefront at 540 W. Main St. Join interns from the Prosper Rochester youth program to explore the historic Susan B. Anthony neighborhood.

SPECIAL HISTORY TOURS:

Because of Women Like Her: Winning the Vote in New York State.

Harold Hacker Hall, 1st floor, Rundel Memorial Building, 115 South Avenue.

This year marks the 100th anniversary of women winning the right to vote in New York State, and Rochester stands at the center of this historic moment. To commemorate this history and to examine the role that local women played in the fight for equality, the Central Library is hosting an exhibition featuring unique historical artifacts from throughout our community. Enjoy a tour of this remarkable display to learn more!

Tour Dates:

Wednesday, June 21, 6-7 p.m.
Monday, July 10, 6-7 p.m.
Wednesday, August 2, 6-7 p.m.
Monday, August 21, 6-7 p.m.

FRIENDS OF WASHINGTON GROVE

Washington Grove is a 26-acre old growth oak-hickory forest on glacial terrain on the eastern edge of Cobbs Hill Reservoir. Since 2009, dedicated volunteers from The Friends of Washington Grove have worked with the City to maintain the grove. New volunteers are always welcome! Join The Friends of Washington Grove for a volunteer day. Check out the City’s website for additional information about the grove, including volunteer events: <http://www.cityofrochester.gov/washingtongrove>.

Fall Foliage Tour in Washington

Grove - October 21, 3 p.m. Meet at the kiosk atop Cobbs Hill Reservoir in the open field behind the pine grove (take the reservoir road off of Highland Ave.) See Washington Grove in its colorful fall overcoat and learn about the old growth forest, its underlying geology and the restoration projects to preserve its majestic appearance and unique urban ecosystem. Conducted by The Friends of Washington Grove.



TUESDAY

Guided

BICYCLE

TOURS

Explore the city's natural and built environments. Rides will highlight neighborhoods, city landmarks, natural wonders and the rich history of our great city. Cancellations due to weather will be made at start time on the site of the ride. All rides start promptly at 6 p.m., please be ready to ride on time. For more information call (585) 428-8820.

High Falls Neighborhood: June 6. Meet at the Pont de Rennes Bridge, at the Centers at High Falls. Travel along the Genesee Riverway Trail and by road into the community. Ride through downtown Rochester, Genesee Valley Park, Corn Hill and the Susan B. Anthony neighborhood. A 10 miles ride on flat terrain, city roads and paved trail. This ride is repeated during the River Romance Weekend, October 2017.

Genesee Valley Park Neighborhood: June 13. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Erie Canal, Genesee Riverway, Lehigh Valley North and Genesee Valley Greenway Trails. A 12.5 miles ride on flat terrain, paved and unpaved trails.

South Wedge Neighborhood: June 20. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Genesee Riverway Trail and in the bicycle lane on South Ave in the South Wedge, a neighborhood which is enjoying a rebirth with new housing and businesses. An 11 miles ride on paved trail and City roads.

Durand Eastman and Seabreeze: June 27. Meet at the Summerville Genesee River parking lot at the end of St. Paul Blvd. Enjoy the beauty of Durand Eastman Beach. Durand Eastman Park, and the Seabreeze neighborhood. A 10.5 mile ride which includes paved roads, trails and one hill climb.

Seneca and Turning Point Parks: July 11. Meet at Seneca Park Zoo parking lot. Cross over to the west side of the Genesee River to ride on the Genesee Riverway Trail north to the Port of Rochester. Spectacular views of the river gorge. Ride on the 4,000-foot boardwalk in Turning Point basin, and under the O'Rourke Bridge. A 12 mile ride on a paved trail with a few moderate hills. This ride is repeated during the River Romance Weekend, October 2017.

**Tuesday Nights,
June 6–Aug. 22**

All rides start promptly
at 6 p.m., please be ready
to ride on time.

University Ave. Neighborhood of the Arts: July 18. Begin at the Rochester Public Market, 280 N. Union St. Ride along University Ave. to view sidewalk art and enjoy the George Eastman Museum gardens. A 10 miles ride on flat terrain, city roads.

Park Avenue Neighborhood: July 25. Meet at the University Ave. Business Center, 1044 University Avenue. Ride along East Ave. to view the beautiful mansions along East Ave. and Brighton

Cobbs Hill Neighborhood. A 10 miles ride on City roads

Charlotte Neighborhood and Lake Ontario State Parkway Trail: August 1. Meet at the Abbott's Charlotte parking lot by Estes St. Great views of Lake Ontario and the ponds along Edgemere Drive with beach front homes. Walk a short distance along the Lake Ontario beach front 'secret sidewalk' by beautiful lakeside homes. A 13.6 mile ride on paved trails and roads.

Corn Hill Neighborhood: August 8. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Genesee Riverway Trail and explore the Corn Hill neighborhood to view the many historic and stately homes. A 10 mile ride on paved trail and city roads.

Maplewood Neighborhood: August 15. Meet at the Rose Garden parking lot, Lake Ave. and Driving Park Ave. Ride on the Genesee Riverway Trail through Seneca Park. See the stately homes on Seneca Parkway and enjoy close up views of the Lower Falls and the Genesee River Gorge. Ride the El Camino Trail and the Rochester Gas & Electric Middle Falls Dam Trail Bridge. A 9 mile ride on a paved trail and city roads with a few moderate hills.

Erie Canal Genesee Valley Park to Brighton Town Park: August 22. Meet at the Genesee Valley Park pool parking lot 131 Elmwood Ave. Bike on the Genesee Riverway Trail and the Erie Canal Trail east to Brighton Town Park. View the University of Rochester Campus, Empire State College Campus and Genesee Valley Park. An 8.5 mile ride on paved trails.

Activities

ON THE



Weekly, beginning April 17: Adult rowing classes begin “on the water” at Genesee Waterways Center (GWC) in Genesee Valley Park. Programs are open to anyone 18 and over. Beginner, recreational, intermediate and competitive rowing programs are held throughout the spring, summer and fall. Join the many happy people rowing with GWC! www.GeneseeWaterways.org

Daily, beginning May 25: Daily kayak and canoe rentals open for the season Memorial Day weekend at the Genesee Waterways Center, 149 Elmwood Ave, (in Genesee Valley Park, past the ice rink/swimming pool complex). Visit www.GeneseeWaterways.org for schedule.

ALL Spring/Summer: Take up to 40 people on field trips for school outings, scouting/youth groups or company events. Build lifetime memories and treat your group to a few hours of kayaking and canoeing from GWC on the Genesee River, Erie Canal and Red Creek. Many dates are still open. Contact GWC for scheduling and rate information.

Saturday, June 3: Learn to Row Day events at the Genesee Waterways

Center from 10:00am - 4:00pm. Give rowing a try! Adults and youth ages 12 and older are invited. Come out and experience this great sport. For pre-registration and more information, visit www.GeneseeWaterways.org.

Monday-Friday, Beginning June 26: Try the thrilling sport of whitewater kayaking! Youth and adult whitewater kayak clinics happen at Lock 32 (2797 Clover St.) in Pittsford. Genesee Waterways Center’s exceptional coaches teach teens and adults to excel at this exciting sport in a controlled facility. The unique venue offers controllable water levels for more than 100 days a year. Information is available at www.GeneseeWaterways.org

Saturday, July 8: The 17th annual Armond Bassett Canoe and Kayak Race. New competitors and spectators are welcome. Visit www.GeneseeWaterways.org.

Saturday, August 19: Watch the competitions of the 13th Lockapalooza Whitewater Kayak Race, held at GWC’s Lock 32 Whitewater Park at 2797 Clover St., Pittsford. Events include whitewater slalom, boatercross, a playboating rodeo

and various skills competitions. This is the largest whitewater kayaking competition in Central New York! New competitors and spectators are welcome. Visit www.GeneseeWaterways.org

Saturday, September 16: The 21st annual Rochester River Challenge of racing at the Genesee Waterways Center. This full-day affair attracts paddlers of all abilities to compete in 400-meter outrigger canoe sprint races. You can join in! Contact the event organizers by June to team up with family, friends or co-workers to practice and then compete in a race! The race is run by Cape Ability Outrigger Ohana, a local non-profit organization. It is also a Wounded Warrior Disabled Sports and inclusive community event. For more information, instruction and to register, visit www.AdaptiveCanoeing.org.

Saturday/Sunday, October 7-8: You are invited to watch the Head of the Genesee Regatta, a rowing competition for high school, collegiate, corporate and master athletes. Consider getting a team together by July and train to race in the Corporate Challenge event! Visit www.GeneseeWaterways.org for information.

WEDNESDAYS ON THE WATER



Kayaking and Canoeing at Genesee Waterways Center

The 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, the City of Rochester has teamed up with GWC to offer discounted canoeing and kayaking opportunities on Wednesdays throughout the summer. Bring your

family and friends to experience an afternoon/evening of paddling on the beautiful Genesee River, Erie Canal and on Red Creek.

Dates: Every second and fourth Wednesday of the month. June 14, June 28, July 12, July 26, August 9, and August 23.

Time: 11 a.m. - 7 p.m. Last boats launch at 5 p.m. Cost: \$15 per person for two hours of rowing.



LEAGUES & lessons

Got game? City R-Centers offer pickup and organized sports programs for both kids and adults. Play a sport you love, or try something new!

Adult Leagues (Ages 18+)

BASEBALL

The City hosts two adult baseball leagues organized by NABA Wood Bat League. The season begins in late May and runs through early August. For more information, contact Nick D'Ambrosio at: 208-8954 or ndambrosio56@gmail. For a complete game schedule, or to join, visit www.rochesterbaseball.com.

BASKETBALL

Playing a team sport with your friends and neighbors is a fun way to get healthy! Games are played at 5, 6, 7 or 8 p.m. Mondays and Wednesdays, July 3 – August 16 at the Thomas P. Ryan R-Center. Register at Thomas P. Ryan R-Center, beginning Monday, June 26.

For more information, call George Warren at 428-7721.

SOFTBALL AND KICKBALL

Nothing says summer like a game of softball or kickball. The City of Rochester and The Department of Recreation and Youth Services is set to kick off the 43rd season of adult softball leagues at Cobb's Hill Park. The 2017 season brings news of an exciting change to the program - RocSports, LLC will take over as the official league coordinator for adult softball and kickball, while also expanding the

overall portfolio of adult sport offerings to meet the ever increasing demands of our growing city.

The "new" softball program will be called "RocSoftball @ Cobb's Hill" and will provide leagues for players across all skill levels – a combination of coed, men's, and women's specific programs will be offered five nights of the week.

To learn more about RocSports, LLC, its offerings in the City, or to register for the RocSoftball @ Cobb's Hill league, please visit www.rocsportsny.com, call our office at 428-6755, send an email to rocsportsny@yahoo.com. Be sure to check out "RocSports" on Facebook. The season begins in May through October. Games are played at Cobb's Hill Park. Cost is \$725 per team. For more information or to register, call RocSports at 455-7827 or the Bureau of Recreation at 428-6755.

Adult Lessons (Ages 18+)

SWIM LESSONS FOR ADULTS

Learn to love the water this summer! Affordable swimming lessons for adults are offered at the Adams Street R-Center. Cost is \$20 for a six-lesson session. For more information, call 428-7456 or visit www.cityofrochester.gov/adamsstreet.

TENNIS LESSONS

The City's Adult Tennis Program, in partnership with the Swing Tennis Academy, offers professional instruction for all levels of play. Morning and evening classes are available during four sessions: May 31 - June 27; June 28 - July 25; July 26 - Aug. 22; or Sept. 6 - Oct. 3. Cost is \$96 for eight, 90 minute lessons. Pre-registration and pre-payment is required. For complete information or to download a registration form, visit www.cityofrochester.gov/tennislessons.

Youth Leagues

YOUTH BASKETBALL

Youth ages 13 and under are invited to have fun shooting hoops while developing a sense of sportsmanship, increasing self-esteem and learning self-discipline. Games are played Mondays and Wednesdays, 4 - 7 p.m., July 5 - Aug. 16 at the Edgerton R-Center. Register at the Edgerton R-Center beginning Monday, June 26. For more information, call Kevin Holman at 428-7521.

YOUTH FLOWER CITY SOCCER LEAGUE

Flower City Soccer is a coed program that offers high quality soccer instruction for city kids. Players learn the rules of the game, practice their skills, and engage in team play in a fun environment that focuses on fairness and character development. Teams are divided into five age groups: 3-7, 8-9, 10-11, 12-13 and 14-17. The season runs June through July. For more information, call 428-7592, or visit www.flowercitysoccerleague.com.

YOUTH SOFTBALL

City R-Centers sponsor two softball leagues for youth ages 8-15 focusing on skill development, team-play, competition and fun. Try-outs are not necessary and all are welcome. At the end of the season, teams from all the sites vie for the coveted City Championship on August 16 (Rain date August 17). League members are also invited to play in the family-friendly Rochester Invitational Softball Tournament on August 8-10. To register, call or visit your local R-Center. The season runs from July 5 - Aug. 10, Mon.-Thurs., 2 - 6 p.m. For more information call 428-7592.

ROCHESTER RAPIDS SWIM TEAM

The popular Rochester Rapids are a competitive swim team for youth ages 6-18. Swimmers are divided into practice groups by age and ability so each gets the level of instruction they all need to progress. New swimmers can practice with the team for a two-week trial period before committing to joining the Rapids. The cost is \$380 per year for city residents; \$514 for non-residents. Scholarships are available for city residents. The team practices three to six days a week at the Genesee Valley Sports Complex Pool, 131 Elmwood Avenue. Register on-line at www.rochesterrapids.com.

For more information, call 428-7456 or contact Head Coach Shane Logan at rrst.headcoach@gmail.com



R-CENTER TRACK CLUB

A quad-based track club in all four quadrants of the city. USATF age rule guidelines (15-18) apply. Meets will be held on July 20, July 27 and August 3rd with a Championship Track Meet held on August 10. Additional meets may be available for participation for the elite at Penfield High School meet on Tuesday nights. Sign up at your local R-Center.

YOUTH WRESTLING

Wrestling requires strength, stamina, speed, technique, strategy and intensity! Wrestling helps youth learn the relationship between effort and achievement. R-Centers, in partnership with the City-Catholic Wrestling Association offer city youth ages 8-14 a chance to try this unique sport. The team meets Mondays and Wednesdays, 6-8 p.m., July 6 - August 12, at the Thomas P. Ryan R-Center. For more information, or to register, contact George Warren at 428-7721 or George.warren@CityofRochester.gov.

Youth Lessons

SUMMER SWIM ACADEMY

The Summer Swim Academy offers free swim lessons for youth ages 6-18, at six different skill levels--from beginner to advance. Half-hour daytime lesson times vary between 9:30 a.m.-noon, based on skill and enrollment. Evening sessions run from 5:30-7:30 p.m. Lessons are conducted at several indoor and outdoor pools around the city. For more information or to register, visit www.cityofrochester.gov/swimlessons.

YOUTH TENNIS LESSONS

Learning tennis is like learning to ride a bike; once you learn to play, you never forget. The City of Rochester hosts the Maplewood YMCA's Love 15 Summer Tennis Camp, where youth ages 8-16 learn tennis fundamentals. Morning and evening sessions run Monday through Friday, July 3 - August 11. Call Sam Chhoeun at 277-1654 or visit Maplewood Family YMCA, 25 Driving Park Ave., for more information.

Pools & Spray Parks

INDOOR AND OUTDOOR POOLS ARE LOCATED AT:

Avenue D R-Center, Adams Street R-Center, Flint Street R-Center, Genesee Valley Sports Complex, Clinton-Baden Community Center, East High School, Charlotte High School and Wilson Foundation Academy at Madison.

SUPERVISED SWIMMING IS ALSO AVAILABLE AT THE BEAUTIFUL DURAND EASTMAN BEACH.

SPRAY PARKS ARE LOCATED AT:

Carter Street, Edgerton, David F. Gantt, Humboldt, Roxie Sinkler and Thomas P. Ryan R-Centers. The City also offers spray features especially for the little ones, age 6 and under, at the following locations: 4th and Peck Street Park, Dr. Martin Luther King, Jr. Memorial Park, and at the Troup Street Playground.

SPECIAL Events

The City offers a variety of special events for everyone to enjoy!

FLAVORS OF ROCHESTER AT THE MARKET

Saturdays 10 a.m.-12 p.m. May-September
City of Rochester Public Market, 280 North Union St.

Prime your palate for the best free tastings experience in the City of Rochester! The 2017 series, again a partnership with the Democrat & Chronicle and Friends of the Rochester Public Market, will celebrate the colorful diversity of the Market and Greater Rochester community. Free admission! For more information visit: www.cityofrochester.gov/marketflavors.

FLOWER CITY DAYS AT THE MARKET

Sundays, May 7, 14, 21, 28 & June 4
8 a.m. - 2 p.m. Also extra events over Memorial Day Weekend (Fri., May 27 and Mon., May 30) City of Rochester Public Market 280 North Union St.

Rochester's "Flower City" nickname is right on target, as the city is alive and thriving! Visit these huge horticultural sales that bring hundreds of area growers and attract thousands upon thousands of shoppers to the Public Market. At Flower City Days, you can join in Rochester's Green revolution by recycling or reclaiming plant containers of all shapes and sizes! Master Gardeners from Monroe County Cornell Cooperative Extension will also be available to answer your gardening questions. Free admission! Want to be a Flower City Days vendor? Call (585) 428-6907 or go to www.cityofrochester.gov/flowercitydays for vendor information, application forms and instructions.

2ND ANNUAL URBAN AGRICULTURE GARDEN CONFERENCE

Saturday, May 13 from 10 a.m. to 4 p.m.
School #43, 530 Lexington Ave.

Join gardeners from around the city of Rochester for a day of hands-on workshops, demonstrations, tours and seed swaps. All

groups, individuals and skill levels welcome and lunch is provided. Tickets are on a sliding scale. \$10/person makes is suggested, but no one will be turned away due to inability to pay. Registration information: www.universe.com/rocurbangardens.

FOOD TRUCK RODEOS

Wednesdays 5-9 p.m., May 31 June 28, July 26 Aug. 30 Sept. 27 City of Rochester Public Market 280 North Union St.

Food Truck Rodeo has quickly become a Rochester tradition. Rodeos brings our community's creative mobile cuisine to the Market. Local brew and bands add to the fun. Free admission! For more information visit: www.cityofrochester.gov/foodtruckrodeo.

FLOWER CITY YOUTH PICNIC & PLANTING DAY

Friday, June 2, 10 am - 2 p.m.
Ontario Beach Park, 4800 Lake Ave.

Each year, thousands of Rochester City School District students visit Ontario Beach Park to plant flowers that they've started to grow in their classrooms. With their teachers' help, they've learned more than just how seeds grow--they've learned about the importance of plants in our lives. Youth enjoy a day of gardening, free lunch donated by Wegmans, and free rides on the historic Dentzel Carousel. This event is co-sponsored by the Frontier Pioneers.

CELEBRATION OF ROCHESTER NEIGHBORS AND NEIGHBORHOODS WITH NEIGHBORWORKS ROCHESTER

Monday, June 5, 5-7 p.m. City of Rochester Public Market 280 North Union St.

A public celebration of the neighborhoods and neighbors that make our city strong. Live music, food, vendors, neighborhood associations and organizations are all part of the festivities. Free admission!

27TH ANNUAL MAPLEWOOD ROSE CELEBRATION

Saturday, June 10th from 10 a.m. - 6 p.m.
Maplewood Rose Garden, corner of Lake Ave. and Driving Park Ave.

Bring your family and friends for a photo opportunity with over 5,000 roses. Held during the peak of the blooming season, the event focuses on the beauty of more than 300 rose varieties within the historic Maplewood Rose Garden. The day will boast garden tours, horticultural vendors, Maplewood history and gorge tours, garden workshops, live music, wine tasting and much more! For a detailed schedule: www.cityofrochester.gov/maplewoodrosefest

LITTLE KIDS, BIG RIGS

Sunday, June 11, 11 a.m.-2 p.m.
Parcel 5, 275 East Main St.

Explore fire trucks, police vehicles, construction equipment & more! Play games, paint the sidewalks, and tackle the obstacle course! Admission is free.
www.cityofrochester.gov/kidsandrigs

WINDSTREAM PARTY IN THE PARK

Thursdays, June 15 - Aug. 10, 5 - 10 p.m.
Dr. Martin Luther King Jr. Memorial Park, 353 Court St.

Windstream Party in the Park celebrates its 21st year! Bring a blanket and relax on the grass while listening to some of the summer's best music! Enjoy the MVP Health Care Family Fun Zone, where children and adults alike can have fun blowing bubbles, playing games and trying out hula hoops! Bocce League of Rochester will play 9 weeks of regulation league play on six courts at the site. Teams of six may register at www.bocceleagueofrochester.com. \$5 entry/children 12 & under free
www.cityofrochester.gov/pitp

GUS MACKER 3ON3 BASKETBALL TOURNAMENT

Saturday, June 24 and Sunday, June 25
Downtown Rochester

The Macker Tournament is designed so that anyone can play basketball: male or female, young and old, short and tall, the most experienced or no experience at all. This maintains the purity and integrity of the driveway game. Register at www.macker.com.

Mail-in deadline June 2, online deadline June 5. For more information call (585) 748-6804.

BEACH BASH

Tuesday, June 27, 5 - 8 p.m.

Roger Robach Comm. Center, 180 Beach Ave.

Get into summer at the annual Beach Bash hosted by the City of Rochester's Youth Voice, One Vision Youth Council Mayor Youth Advisory Council, and the Campbell R-Center. City teens ages 13-18 are invited to enjoy music provided by a DJ, dancing, dinner, performances. Admission is \$5 at the door, \$3 for youth in registered youth groups that attend with an adult advisor. Youth must present school ID at the door.

FLICKS ON THE BRICKS

Friday, June 30, 8-10 p.m.

City of Rochester Public Market, 280 North Union St.

Prize-winning and selected short environmental films made by local filmmakers will be screened at the Market as part of the Fast Forward Environmental Film Festival's summer community screening series. Free admission! For more information: visit www.fastforwardroc.org

JULY 4TH CELEBRATION

Tues., July 4, 7:30 - 10 p.m.

Main St. Bridge

Fireworks @ 10 p.m., Music starts @ 7:30 p.m., RPO concert @ 9 p.m.
Admission: FREE
www.cityofrochester.gov/july4

ROCHESTER RHINOS SOCCER CAMP DAY

Tuesday July 11 at 10:30 a.m.

R-Center youth between the ages of 6-15 are invited to the first Rochester Rhinos Camp Day field trip. Transportation and a box lunch provided. Come experience a Rhinos practice and autograph session with the players. Interactive games such as; bounce houses, speed kick, human foosball plus face painting and a DJ. Each youth will receive a admission ticket to a future 2017 Rhinos game. The Rhinos have designated three games of which you will be able to choose one game to attend. Additional tickets for parents will be available at a discounted price.

RPO "AROUND THE TOWN" CONCERTS

Tuesdays, 6:30-7:30 p.m.

These free family-friendly ensemble concerts will be held in city neighborhoods. Bring lawn chairs and blankets, and enjoy a musical summer evening. Please check the website for specific locations.

July 11, 18, 25 & August 1

BANDS ON THE BRICKS

Friday, July 14, 21, 28, Aug. 4, 11, 6-10 p.m

City of Rochester Public Market 280 North Union St.

One of Rochester's most popular concert series, Bands on the Bricks proves that the Rochester Public Market isn't just for morning people. Free admission! For more information, visit www.cityofrochester.gov/bandsnbricks.

ROCHESTER MUSICFEST

July 14 and 15

Genesee Valley Park, 131 Elmwood Ave.

Gates will open at 5 p.m. on Friday. General admission ticket prices are \$28 in advance and \$33 at the door. VIP tickets which provide for prime seating are \$45. Local food truck vendors will offer an array of food, wine and beer for sale. Gates open at 12 noon on Saturday. General admission ticket prices are \$40 in advance and \$50 at the door. VIP tickets are \$70. Children ages 2 to 10 are free with a paid adult admission. The "KID ZONE" will be available on Saturday for children under 10 featuring waterslides, bounce houses and more. Advance sale tickets can be purchased at: Sobrinos, People's Choice, The Blue Cross Arena Box Office or online at www.ticketmaster.com. www.cityofrochester.gov/musicfest

ROC THE PARK

July 8, Aug. 11 & Sept. 2, 5-10 p.m.

Dr. Martin Luther King Jr. Memorial Park, 353 Court St.

Admission: \$6
www.cityofrochester.gov/rocthepark

ROCHESTER YOUTH TRIATHLON

Saturday, July 22, 8:15 a.m. (race check-in begins at 7:30 a.m.)

Genesee Valley Park, 131 Elmwood Ave.

This triathlon is designed just for youth ages 6-17 and is Rochester's only youth-friendly,

distance triathlon. If you can swim, ride a bike, and run or walk, come out and give it a try. Pre-registration is required before 11:59 p.m. on Thursday, July 20. There will be NO registration on race day. To register, call 360-3748, email the race director at kidstri_info@RochesterTriathletes.com, or go to www.rochestertriathletes.com/kidstri. Cost: city residents, \$5; non-residents, \$15. Cost for Teen Super Sprint: city residents, \$7; non-residents, \$20.

GOSPEL JUBILEE

Sunday, July 30, 4-7 p.m.

City of Rochester Public Market, 280 North Union St.

Organized by Elim Sanctuary Choir, this event features several inspirational music groups from around the region. Free admission! For more information visit: www.cityofrochester.gov/gospeljubilee.

BUFFALO BILLS TRAINING CAMP

Beginning in Mid-July through Mid-August

Come join one of three City R-Center trips to the Buffalo Bills Training Camp at St. John Fisher College. As part of this field trip, youth ages 6-14 can meet and interact with the Bills players and try skill challenges in the Bills Experience. It's pure fun! Transportation and lunch provided. Call your local R-Center to register.

ROCHESTER RED WINGS CAMP DAY

Tuesday, July 18 at 11 a.m.

R-Center youth ages 6-15 are invited on our annual Rochester Red Wings Camp Day field trip. Come on out and cheer our hometown team vs the Charlotte Knights! Transportation and lunch provided. Call your local R-Center to register.

AQUA FEST

Friday, Aug. 4 from 11 a.m. - 4 p.m.

Genesee Valley Park Sports Complex pool, 131 Elmwood Ave.

High school and City R-Center teams will participate in freestyle, back and breast stroke, water basketball, penny diving competitions and more. Participants range from 6 to 15 years of age. Opening ceremonies begin at 11 a.m. with competitions to follow. For more information call (585) 428-7511.

Events CONTINUED

ROCHESTER SOFTBALL TOURNAMENT

August 8-10, various times from 9 a.m. -4 p.m. Cobb's Hill Park, Culver Rd. at Norris Dr.

Youth who participate in the city-wide R-Center softball league are invited to play in this family-friendly season ending tournament. Families are invited to cheer on the teams. Visit your local R-Center to learn how your child can enjoy summer softball fun. The Rochester Invitational Softball Tournament is free for youth who are members of the city-wide R-Center softball league.

END OF SUMMER BASH

Thursday, August 17, noon-4 p.m.
Frederick Douglass R-Center, 999 South Ave.

Youth and families--don't let summer slip away without one last celebration! Join the fun at the City's End of Summer Bash. Check out performances, displays and interactive activities showing-off the amazing accomplishments of youth and teens in City summer programs. Enjoy a cook-out style lunch and musical entertainment. Win prizes, play games, try a new craft, bounce in an inflatable and much more! For more information, contact your neighborhood R-Center.

TWILIGHT CRITERIUM

Saturday, August 19

A Criterium, often described as "NASCAR on 2 wheels," is a bike race designed for city-center streets and staged in spectator-friendly course loops that provide incredible lap-after-lap excitement. Watch the fast-paced action for free and be amazed by the athletes' extraordinary bike-handling skills and explosive speed. For more information, visit www.rochestercrit.com.

THIRD ANNUAL BIKE-IN MOVIE

Friday, August 25, 7:00-10 p.m.
City of Rochester Public Market, 280 North Union St.

Celebrate booming bike culture in Rochester by two-wheeling it to the Market for a bike-related movie, and networking with bicycle organizations and businesses and enjoy food and music as well. www.cityofrochester.gov/bikeinmovie.

ROCHESTER PUBLIC LIBRARY SUMMER PROGRAMS

For a full list of programs
go to www.libraryweb.org
and click on the KIDS tab.

Arnett Branch Library

SATURDAY STORY TIMES

Every Saturday in June, July and August
1-1:30 p.m.
Ages 2 - 5

TUESDAY STORY TIMES

Every Tuesday in June, July and August
11:15-11:45 a.m.
Ages 2 - 5

ARTS AND CRAFTS

Every Tuesday in June at 4:30pm
Every Tuesday in July and August at 3:30pm
Ages 12 and under

TAIL WAGGIN' TUTORS: KIDS READ BOOKS TO DOGS!

Wednesday, June 21, July 19 & August 16
4-5p.m.
Ages 12 and under

LEGO CLUB

Thursday, June 22, July 20 & Aug. 17
4:30-5:30p.m.
Ages 12 and under

BOARD GAMING TIME

Every Thursday in July and August at 1:30pm
Play some very cool board games at the library!
Ages 6-12

SCRAP ART WITH MARY JANE WENNER

Wednesday, July 5 at 3 p.m.
Kids will be building works of art with everyday items!
Ages 12 and under

SENECA PARK ZOOMOBILE

Wednesday, July 12 at 3 p.m.
An educator from the Seneca Park Zoo will be bringing some animal friends to the library!
Ages 12 and under

19TH-CENTURY GAMES WITH THE GENESEE COUNTRY MUSEUM

Wednesday, July 26 at 3 p.m.
Ages 12 and under

LIVE BIRDS OF PREY DEMONSTRATION BY WILD WINGS

Wednesday, August 2 at 3 p.m.
Ages 8-12

AFRICAN DRUMS: STORYTELLING, DANCE, SINGING

Wednesday, August 9 at 3 p.m.
Presented by Mayukwa Kashiwa of Building Families First
Ages 8-12

Charlotte Branch Library

CREATURE TEACHER

Monday, June 26
1-2p.m.
All ages

SUMMER READING KICKOFF WITH THE CHECKERS SHOW

Thursday, June 29
12:30-1:30 p.m.
All ages

STORIES AND SWORDS

Monday, July 24
1:30-2:30 p.m.
Ages 4-12
Registration required

STORY TIME WITH KIM

Tuesdays at 11a.m.*
Fridays at 1:30 p.m.
Art, music and action mix with stories for a well-rounded program that includes fun with friends!
All ages
*On Tuesdays, please knock at the front door as story time starts before the library opens.

Frederick Douglass Library

STORY TIME IN HIGHLAND PARK

Thursdays: July 6, 13, 20 and 27 & August 3 and 10
10:30-11:30 a.m.

Lincoln Branch Library

STORY TIMES

Tuesdays: July 11, 18 and 25 at 10:30am
Wednesdays: August 2, 9, 16, 23 and 30 at 10:30 a.m.
Bilingual or Spanish story times available upon request

BUILDING & CONSTRUCTION MAGIC SHOW WITH CRIS JOHNSON

Wednesday, July 12
10:15-11 a.m.
All ages

MINI ARK "PETTING SCHOOL"

Wednesday, July 19
10:30-11:30am
All ages
Registration required

LIVE BIRDS OF PREY

Tuesday, July 18
noon-1 p.m.

Lyell Branch Library

FUN WITH YOUR ENVIRONMENT

with Tina Stevens, Monroe County Environmental Education
Tuesdays: July 11, 18 and 25
2-3 p.m.
Ages 6-12

BUILDING & CONSTRUCTION MAGIC SHOW WITH CRIS JOHNSON

Wednesday, July 12
2-3 p.m.
All ages

MINI ARK PETTING ZOO

Thursday, August 10
2-3 p.m.
All ages

MAPLEWOOD COMMUNITY LIBRARY

David Moreland, Magician
Monday, August 7 at 4:00pm
Ages 3-12

TOPHER HOLT, MUSICAL SHOW

Wednesday, August 16 at 1:30pm
Ages 3-12

HENNA RISING

Tuesday, June 27
4-5:30 p.m.
Ages 10-17
Registration required

THE STORYBOOK COOK LIZ BAULD

Tuesday, July 11
3-4 p.m.
Ages 10-17
Registration required

Monroe Branch Library

BABY STORY TIME

Every Tuesday in July (except July 4) and August
2 p.m.

LEGO CLUB WITH STORY

Every Wednesday in July and August
4:30-5:30pm

Phillis Wheatley Library

KIDZ CRAFT

Saturday, July 1 at 12:45pm

FACE PAINTING

Monday, July 10
4:30-5:30 p.m.

TRAVELING FARM

Monday, July 17 at 4 p.m.

KIDZ CRAFT

Saturday, July 22 at 12:45pm

SCRAP ART

Wednesday, July 26
4:30-5:30pm

KIDZ CRAFT

Saturday, August 5 at 12:45pm

HULA HOOPING

Tuesday, August 8 at 4:30pm

CUPCAKE WARS

Wednesday, August 9 at 5 p.m.

ZUMBA

Tuesday, August 15 at 4:30pm

Sully Branch Library

MINI ARK FARM PETTING ZOO

Wednesday, July 12
11:00am-12: p.m.

HULA HOOP CLASS

Wednesday, July 19
11:00am-12 p.m.

SCRAP ART

Tuesday, August 1
1:00-2 p.m.

ZUMBA CLASS

Tuesday, August 8
2:00-3 p.m.

Winton Branch Library

PRESCHOOL STORY TIMES

Tuesdays: July 11, 18 and 25 & August 1 and 8
10:30-11a.m.
Ages 2-5 years
Registration requested

BABY & TODDLER STORY TIME

Fridays: July 14, 21 and 28 & August 4 & 11
10:00-10:30a.m.
Ages 3-24 months

greater rochester
Health
foundation

**Be A
Healthy
Hero**



The City of Rochester's
Recreation on the Move Van
is rolling into your neighborhood!
Look for us in these neighborhoods from 3:30 to 6:30 p.m.!

DATES

MAY 9-12
MAY 16-19
MAY 23-26
MAY 30-JUNE 2
JUNE 6-9
JUNE 13-16
JUNE 27-30
JULY 5-7
JULY 11-14
JULY 18-21
JULY 25-28
AUGUST 1-4
AUGUST 8-11
AUGUST 15-18

EAST SIDE LOCATION

BADEN PARK
CONKEY CORNER PARK
FOURTH & PECK PARK
GRAND AVE PLAYGROUND
PULASKI PARK
UNIVERSITY AVENUE PLAYGROUND
FOURTH & PECK PARK
PULASKI PARK
FIELD ST PLAYGROUND
TRYON PARK
CONKEY CORNERS PARK
GRAND AVE PLAYGROUND
DON SAMUEL TORRES PARK
MARKETVIEW LODGE

WEST SIDE LOCATION

JR WILSON PARK
TACOMA PARK
JEFFERSON TERRACE PARK
JP RILEY PARK
LA GRANGE PARK
TROUP ST PARK
JONES SQUARE PARK
ABERDEEN SQUARE PARK
JP RILEY PARK
BRONSON PARK
JEFFERSON TERRACE PARK
TROUP ST PARK
JR WILSON PARK
MAPLEWOOD PARK

www.cityofrochester.gov/reconthemove