

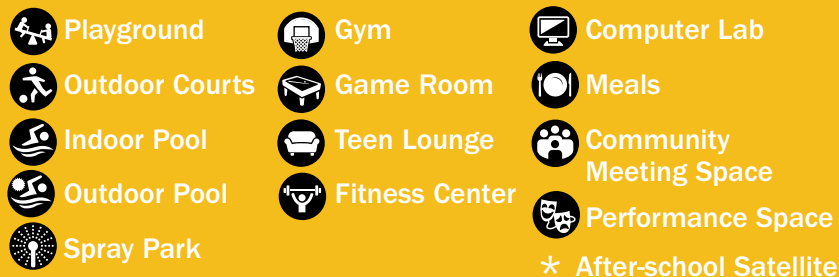
FALL 2019 Rochester Recreation Guide

Believe.



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

R-Center Locations & Amenities



Northwest:

Edgerton:

41 Backus Street • 428-6769 • M - F, 2:30 - 9:30 p.m., Closed Sat

Tyshaun Cauldwell R-Center for Hope:

524 Campbell St. • 428-7860 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

17 School:

158 Orchard St. • 428-7247 • M - F, 3 - 7 p.m., Closed Sat

Northeast:

Ave D:

200 Avenue D • 428-7934 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

Carter:

500 Carter St. • 428-7890 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

David F. Gantt:

700 North St. • 428-7149 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

Clinton-Baden R-Center:

485 N. Clinton Ave. • Coming soon!

Southwest:

Adams:

85 Adams St. • 428-7456 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

Flint:

271 Flint St. • 428-7001 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

Roxie Ann Sinkler:

75 Grover St. • 428-7827 • M - Th 4:30 - 8:30 p.m., F 4:30 - 10:30 p.m., Closed Sat

Southeast:

Humboldt:

1045 Atlantic Ave. • 428-7294 • M - F, 12 - 7 p.m., Closed Sat (except for Play Date Programming)

Frederick Douglass:

999 South Ave. • 428-6015 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

Thomas P. Ryan:

530 Webster Ave. • 428-7828 • M - F, 2:30 - 9:30 p.m., Sat 10 a.m. - 5 p.m.

35 School R-Center:

194 Field St • 428-7828 • M - F, 3:30 - 6:30 p.m., Sat 10 a.m. - 5 p.m.

Did you know?

You can rent our facilities for private use—parties, birthdays, reunions and more! Find a spot that's perfect for you.

Edgerton Stardust Ballroom
41 Backus St.

\$445: four-hour increment
\$820: 9 a.m. - 9 p.m., 240 max dinner style, 400 max. theater style seating.

Genesee Valley Field House
1316 Genesee St. Extension,
Genesee Valley Park

\$145: four-hour increment
\$195: 9 a.m. - 9 p.m.
48 people max.

Lake Riley Lodge
100 Norris Dr., Cobbs Hill

\$270: four-hour increment
\$470: 9 a.m. - 9 p.m., Weekend rental only, 125 people max.

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

\$370: four-hour increment
\$670: 9 a.m. - 9 p.m., 170 seated max, 300 cocktail style max.

Norton Village, 300 Waring Rd.

\$120: four-hour increment
\$170: 9 a.m. - 9 p.m.,
50 people max.

Tay House at Cobbs Hill
85 Hillside Ave.

\$145: four-hour increment
\$195, 9 a.m. - 9 p.m.,
50 people max.

* All pricing includes a \$20 application fee. Additional fees will apply for extended hours and holidays.

The Department of Recreation and Youth Services also processes rentals of parks, baseball diamonds, athletic fields, tennis courts, indoor/outdoor basketball courts, ice skating rinks, pools, R-Center facilities and snow shoes.

Call 428-6755 or visit
cityofrochester.gov/facilityrental

Dr. Daniele J. Lyman-Torres
Commissioner

Contact Us

The City of Rochester
Department of Recreation
and Youth Services
400 Dewey Ave.,
Rochester, NY, 14613
Phone: 428-6755
Office hours:
Weekdays, 9 a.m. – 5 p.m.

Important Dates

Sept. 3 – 6, Staff Training
R-Centers closed

**Oct. 11, RCSD Superintendent's
Conference Day**
RCSD schools closed. Select
R-Centers open

Oct. 14, Columbus Day
RCSD schools closed.
Select R-Centers closed

Nov. 11, Veterans Day
RCSD schools closed.
Select R-Centers open

Nov. 27, Thanksgiving Recess
RCSD schools closed.
Select R-Centers open

Nov. 28 & 29, Thanksgiving
Administration Office and
R-Centers closed

RCSD Half days
R-Centers open



Autumn is here. The leaves will fall like they're falling in love with the ground. There is something incredibly nostalgic and significant about the annual cascade of autumn leaves. Things like homecoming – the first experience, or remembered from years ago – crisp fall air, the bounty of the season, or pumpkin spice *anything* comes to mind.

Fall signifies that years end is approaching but also creates a new beginning for our youth and anyone who is a life-long learner. No matter where you come from or what your situation is, education – in any form – can completely change your world and broaden your horizons.

And like education, our R-Center programs and activities provide the tools and experiences to explore, enrich and expand horizons for you and your family. Whether it be dance, team sports, athletic opportunities, homework help or learning to be healthier—enclosed are a host of fun and educational options for everyone.

With a new day comes new strength and thoughts.

Try something new, crush your comfort zone, be curious and challenge yourself to grow. You'll be glad you did.

*Mayor Lovely A. Warren
City of Rochester*

DRYS Move Coming Soon!

The Department of Recreation & Youth Services (DRYS) administrative office will be relocating soon. The new offices will be located at 55-57 St. Paul Street, the previous location of the SUNY Metro Center building. For more information on our relocation date, please call 585 428-6755.




City of Rochester, NY



Back to School



Continue to explore and grow through the City R-Centers.

Program	Dates	Location	Notes and Contact
After School In The Park (ASIP): Throughout the school year, the ASIP program provides an engaging and nurturing after-school environment for kids in grades K-6. Parents can arrange with the RCSD for bus transportation to the program. ASIP provides great activities and benefits for youth and families including: <ul style="list-style-type: none"> • Friendly and well-trained staff • Fitness and arts activities • Healthy snacks and hot dinners • Homework help • Field trips 	This school year the program will run from Wed., September 4, 2019- Fri., June 26, 2020 on weekdays from 2 p.m. - 6:30 p.m.	Lake Riley Lodge 	428-9777 Carmen Mayoliz carmen.mayoliz@cityofrochester.gov \$55 per week for city youth; \$45 per week for siblings. For \$85 per week, receive all day care through ASIP during winter and spring recess. Non-city residents should call for pricing and availability.
Earth Explorers: Rochester boasts a rich natural environment which makes a wonderful outdoor classroom. Become immersed in nature-related activities and learn by doing! Adventures include STEAM experiments, nature hikes, gardening/nutrition activities and trips to parks and cultural institutions.	Please contact your local R-Center for their Earth Explorers schedule.	Adams R-Center Edgerton R-Center Flint R-Center Frederick Douglass R-Center Gantt R-Center Humboldt R-Center Ryan R-Center	428-8820 Stephanie Benway stephanie.benway@cityofrochester.gov
R.I.S.E. (Reach Inside, Strive for Excellence): is a community-wide collaboration to promote healthy behaviors through hands-on experiences. Certified health educators facilitate comprehensive, age-appropriate, evidence-based and medically accurate sexuality education for all ages. R.I.S.E offers a variety of positive development opportunities including health and nutrition, healthy relationship workshops, youth-friendly special events and youth leadership opportunities through wellness classes.	Mon.-Fri. 9 a.m. - 5 p.m.	Programming offered at RSCD, R-Centers and community agencies.	428-8877 Jamila Crossdale jamila.crossdale@cityofrochester.gov Visit cityofrochester.gov/RISE or email RISE@cityofrochester.gov





Northeast Quadrant

- Ave D. R-Center
- David F. Gantt R-Center
- Carter Street R-Center
- Clinton-Baden R-Center

Northwest Quadrant

- Edgerton R-Center
- Tyshaun Cauldwell R-Center for Hope
- #17 School R-Center

Southwest Quadrant

- Adams Street R-Center
- Flint Street R-Center
- Roxie Ann Sinkler R-Center

Southeast Quadrant

- Humboldt R-Center
- Frederick Douglass R-Center
- Thomas P. Ryan R-Center
- #35 School R-Center

FREE AFTERSCHOOL OFFERINGS

**LITERACY ACTIVITIES
ACADEMIC ENRICHMENT
SPORTS AND PLAY
STEAM PROGRAMS
COMMUNITY COMPUTER LAB
KIDS CAFÉ FREE MEALS
HOMEWORK HELP
EARTH EXPLORERS**

**PLAYDATE AT ADAMS & HUMBOLDT R-CENTERS
TOTS SWIMMING CLASS/LESSONS AT ADAMS ST. R-CENTER
FITNESS CENTERS AT SELECTED SITES**

Direct drop off site from school provided by RCSD transportation

For more information and hours of operation call your local R-Center.



On your Block

Program	Dates	Location	Contact
Family Talk Lunch and Learn: DRYS welcomes parents/guardians to develop skills for talking with their youth about making healthy decisions related to nutrition, drugs and alcohol and sexual activity. Light refreshments provided.	First Friday of every month, 12 - 1 p.m. Registration required	Humboldt R-Center	428-7294 Mike Velazquez mike.velazquez@cityofrochester.gov
Coffee Club for Older Adults: Come for a free cup of hot coffee and great conversation.	Tues. & Thur., 10 - 11:30 a.m.	David Gantt R-Center	428-7149 Mickey Mendez mickey.mendez@cityofrochester.gov
Market Day: Join other active adults for a trip to the Public Market. Call to reserve your spot in the van the day before.	Thurs., 9:30 - 11:30 a.m. (van leaves the R-Center at 9 a.m.)	Humboldt R-Center	428-7294 Mike Velazquez mike.velazquez@cityofrochester.gov
Adult Play Date: When was the last time you played? Relive some favorite childhood games with a twist; accompanied with snacks, amazing people and great music!	Second Fri. of every month, 7 - 9:30 p.m.	Adams Street R-Center	428-7266 Mike Porter michael.porter@cityofrochester.gov
T'ai Chi for Arthritis: T'ai Chi is a Chinese martial arts practice known for its health benefits. It also promotes a fun, social means of increasing strength, flexibility and coordination. This class encourages people who are caring for a loved one (over age 55) with memory loss or early dementia to attend.	Sep. 10 - Oct. 31, Tues. & Thur., 10 - 11 a.m. Twice a week, one-hour sessions for eight weeks FREE: Limited respite available - please call to inquire.	Adams Street R-Center	428-7266 Mike Porter michael.porter@cityofrochester.gov

Play Date

Adults and their pre-school aged youth can take part in a variety of art and literacy activities that help in the development of sensory and motor skills. The program allows adults to engage with their pre-school aged youth in exciting and fun ways. For more information, contact Cynthia Rochet at 428-1170.



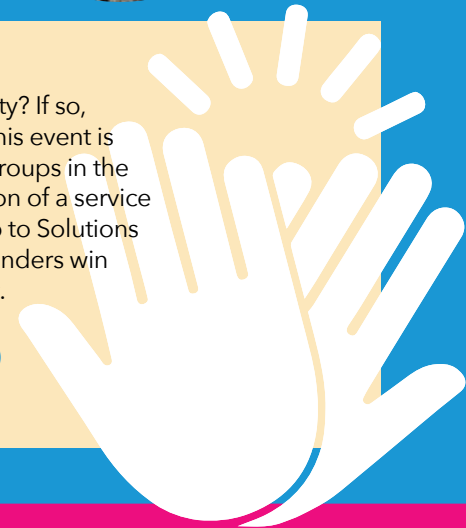
Program	Dates	Location	Contact
Adult Jam Session All instruments and musicians welcome! Ages 18+	3rd Tues. of every month, 7 - 9 p.m.	Thomas Ryan R-Center	428-7828 Mike Georgetti mike.georgetti@cityofrochester.gov
Teen Parents Taking Control is a mentoring program for teen parents between the ages of 12 and 24, who have one or more children, and are in need of a support system that encourages their parental development and personal growth. Teen Parents Taking Control will equip young parents with the tools needed to overcome the challenges of parenting by promoting quality parenting, education, financial literacy, and life skills; allowing outlets for social activity; and encouraging them to make healthy choices. No cost, register by calling Adams Street R-Center.	October 4 - December 20, Every Friday (no class on November 29th) 6 - 8 p.m.	Adams Street R-Center	428-7266
Roc the Roc Musician Development: Learn how to create music using instruments and technology as well as develop your stage presence and musical persona. Sessions are limited to 15 students. All students are invited back to participate in the Spring Showcase. Registration required.	Tues. and Thur. 5:30 -7 p.m. Session I: Instrumentation (Piano and Drums) Ages 8+ Tues. and Thur., Oct. 8 - Dec. 5 Holiday Concert- Date TBD Session II: Instrumentation and Studio Ages 8+ Tues., Jan. 7 - Mar. 3 Black History Concert- Date TBD Session III: Disk Jockeying and Emceeing Ages 13+ Tues., April 7- Jun. 23 African American Music Appreciation Concert- Date TBD	David Gantt R-Center	428-7149 Mickey Mendez mickey.mendez@cityofrochester.gov



STEPPIN' UP TO SOLUTIONS

Are you a young person looking to improve your community? If so, the Steppin' Up to Solutions Youth Conference is for you. This event is open to all current YVOV members and youth leadership groups in the community of Rochester. Groups are tasked with the creation of a service learning project, which will be presented at the Steppin' Up to Solutions Conference. Judges score projects and the top three contenders win money to be used to advance their service learning project.

Sat., Nov. 9, 12 - 7:30 p.m. • Nazareth College
Register by Oct. 26 • Tremain Harris • 428-6360
tremain.harris@cityofrochester.gov



Clubs and Groups

R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
School #17	STEAM Club 4 - 5 p.m.	5 p.m.			Healthy Cooking 4	CLOSED
Adams Street			Play Date 10 a.m. -12 p.m.		Gardening and Hiking 5:30 - 6:30 p.m.	
Avenue D				Outdoor Explorers 4 - 5: p.m.		
Carter Street	Gardening Club 5 - 6 p.m.	African Storytelling 5 - 6 p.m. Scavenger Search Surprise 4 - 5 p.m.	Hiking Club 5 - 6 p.m.	Gardening and Hiking Club 5 - 6 p.m. Scavenger Search Surprise 4 - 5 p.m.	Adult Board Games 6 - 8 p.m.	
Frederick Douglass	Social Media Club 3:30 - 4:30 p.m.	Social Media Club 3:30 - 4:30 p.m.	Social Media Club 3:30 - 4:30 p.m. Earth Explorers 3 - 4 p.m.			
Edgerton Street	Gardening Club 3:30 - 4:30 p.m.	Train Room 3:30 - 9 a.m.	Gardening Club 3:30 - 4:30 p.m. Recycle, Repurpose, Reuse Art 7 - 8 p.m.	Intergenerational Card Club 7-8:30 p.m.	Smart Phone Club 6 - 7 p.m. Movie Night 6:30 - 9 p.m.	CLOSED
Flint Street						Gardening Club 10:30-11:30 a.m.

New at Adams Street R-Center this Fall! DROP-IN CHILD WATCH

Need your child taken care of while taking a group fitness class or swim lesson? Take advantage of our child watch services at the Adams Street R-Center. Child watch costs are free for drop-ins for a maximum of two (2) hours at a time for children 18 months to 7 years old. Adams Street R-Center, Mon. - Fri., 6:30 - 9 p.m. and 10 a.m. - 2 p.m. on Sat., September - December



R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
Humboldt			Healthy Eating: Soup and Sandwich Club 4 - 5:30 p.m.	Ecology Club 4 - 5:30 p.m.	Movie Club 4 - 6 p.m.	Play Date 10 a.m.-12 p.m.
Roxie Sinkler	Card Mania 5 - 6 p.m.	Lego Club 5 - 6 p.m.	Card Mania 5 - 6 p.m.	Lego Club 5 - 6 p.m.	Lego Club 5 - 6 p.m.	CLOSED
Thomas Ryan	Video Game Club 3 - 4 p.m. and 6 - 7 p.m.	Earth Explorers/ Gardening Club 3:30 - 4:30 p.m.	Video Game Club 3 - 4 p.m. and 6 - 7 p.m.			Video Game Club 12 - 4 p.m.



Rochester Public Library

Arnett Branch library

Story Times: Every Saturday, 1 - 1:30 p.m. Ages 2 - 5 yrs.
Every Tuesday, 11:15 - 11:45 a.m. Ages 2 - 5 yrs.

LEGO Club: The third Thursday of each month
4:30 - 5:30 p.m. Ages 12 and under

Central Library of Rochester & Monroe County

Book Readings presented by the Authors

Zen in the Age of Anxiety- Tim Burkett
September 20, 2019, 12 noon

Nightmare in Rochester: The Double-Initial Murders-
Michael Benson, September 21, 2019, 1 p.m.

The Virgin of Prince Street- Sonja Livingston
September 28, 2019, 2 p.m.
Preceded by master writing class at 10:30 am

Lincoln Branch Library

You Gotta Try This: The Workshop by

Ted Baumhauer, Ed.D. September 14 and 21, 2 - 3
p.m., Presented by the Joseph Avenue Arts and Culture

Alliance as part of the internationally acclaimed Rochester Fringe Festival. "Learn the art of juggling, balancing and performing feats of wonder in a FREE afternoon of fun for the whole family."

Sully Branch Library

Tail Waggin' Tutors: Second Saturday monthly, 1 - 2 p.m.
Calm, trained, book-loving dogs will be at the library to listen to you read. Bring your favorite book or borrow one of ours.

Birthday Book Club: Sign up for our new Birthday Book Club. When your birthday gets close, we will send you a special postcard in the mail. Bring your postcard to the library and pick a new book of your choice to keep from our Birthday Book Club shelf. This club is for ages 12 and under. Registration is required to participate.

Adult ESOL classes: Tuesdays 5 - 7 p.m. The English Language Associates of Rochester will be here to teach all adults interested in learning how to speak English. These are free classes and no registration is needed.



Are you interested in starting your own business? If so, then the Biz Kid\$ Club is for you. Young entrepreneurs get together to share ideas, network, begin developing their own businesses and meet with local business owners. Biz Kid\$ Club members are also responsible for management of the R-Center concession stands/stores. Registration is required. Club meets bi-weekly, at all R-Centers, on Wednesdays. Contact your local R-Center for more information. Ages: 10-18

Dance and Fitness

***All classes are drop-in and
free of charge unless noted.**

R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
Adams Street		Step Team 6 -7 p.m. Dance with Ms. Adria D. 5:30 - 8:30 p.m.				
Avenue D	Fitness Ctr. 2:30 - 9 p.m.	Fitness Ctr. 2:30 - 9 p.m.	Fitness Ctr. 2:30 - 9 p.m.	Fitness Ctr. 2:30 - 9 p.m.	Fitness Ctr. 2:30 - 9 p.m.	Fitness Ctr. 2:30 - 9 p.m.
Carter Street	Purple Passion Dance (Hip Hop) 6 - 8 p.m.		Yoga: 6 - 7 p.m. Purple Passion Dance (Hip Hop) 6 - 8 p.m.		Purple Passion Dance (Hip Hop): 6 - 8 p.m.	
Danforth	Open Gym 9 a.m. - 12 p.m. Silver Sneakers® with Roger 10 -11 a.m. Core Strength Training 10 - 11 a.m. Spin: 6 - 7 p.m.	Open Gym 9 a.m. - 12 p.m. Silver Sneakers with Roger® 10 - 11 a.m. Health & Nutrition Workshop 11 a.m. - 12 p.m. Yoga Fusion 11:30 a.m. -12:30 p.m. Core Strength 11:30 a.m. -12:30 p.m. Lunchtime Spin 12:30 - 1:30 p.m. Spin: 6 -7 p.m.	Open Gym 9 a.m. - 12 p.m. Silver Sneakers with Roger® 10 - 11 a.m. Diabetes Prevention Program (DPP) 10 a.m. - 12 p.m. Health & Nutrition Workshop 11 a.m. - 12 p.m. Yoga Fusion 11:30 a.m. - 12:30 p.m. Core Strength 11:30 a.m.-12:30 p.m. Lunchtime Spin 12:30 - 1:30 p.m. Spin: 6 - 7 p.m.	Open Gym 9 a.m. - 12 p.m. Silver Sneakers with Roger® 10 - 11 a.m. Health & Nutrition Workshop 11 a.m. - 12 p.m. Yoga Fusion 11:30 a.m. -12:30 p.m. Core Strength 11:30 a.m. - 12:30 p.m. Lunchtime Spin 12:30 - 1:30 p.m. Spin: 6 -7 p.m.	Open Gym 9 a.m. - 12 p.m. Silver Sneakers® with Roger 10 - 11 a.m. Core Strength 10 -11 a.m. Spin 8 - 9 a.m.	



R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
Humboldt	Girls Fitness 2:30 - 3:30 p.m.		Line Dancing 4:30 - 5:30 p.m.		Zumba 5 - 6 p.m	
Flint Street		Cardio with Tony 6 - 8 p.m. Cost \$5				Zumba with Jackie 10 - 11 a.m. Cost \$5 Line Dancing with Roc City Line Dancing 11 a.m. - 12:30 p.m. Cost \$5
Roxie Ann Sinkler		Northwest Falcons Cheer- leading Practice 6 - 8:30 p.m.			Hip Hop Dancing 6:30 -7:30p.m.	

Baking with Amor



Chef Elizabeth Rodriguez

Children ages eight (8) and older are invited to join award-winning pastry chef, Elizabeth Rodriguez, at her critically acclaimed Tu Amor Cakery (as seen in the July 17 City Paper article). Incorporating all of the academic disciplines of S.T.E.A.M (science, technology, engineering, art and math) plus nutrition, Chef Rodriguez will guide children through baking, decorating, drawing for three dimensional design and ultimately the creation of 3D sculpted cakes. Students will also learn about the importance of and how to make sugar free, soy free and vegan. Space is limited. Free and open to the public. Registration and pick at specific R-Center.

Pick up locations from R-Centers to the Bakery will be at 2:30 p.m. with classes starting at 3 - 4:30 p.m. on Mondays as follows:

Session 1: Frederick Douglass
September 30 - October 28

Session 2: Adams St.
November 11 - December 9

Session 3: Humboldt
January 13 - February 24, (no class January 20 or February 17)

Session 4: Ryan Center
March 2 - March 30

Session 5: Frederick Douglass
April 20 - June 1, (no class May 4 or 25)

Registration and pick at specific R-Centers.



Sports

R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
Adams Street	Adult Basketball and Open Gym 7 - 9 p.m.	Adult Basketball and Open Gym 7 - 9 p.m.				
Avenue D	Open Gym 7 - 9 p.m. Flag Football 4 - 8:30 p.m.	Flag Football 4 - 8:30 p.m.	Open Gym 7 - 9 p.m. Flag Football 4 - 8:30 p.m.	Flag Football 4 - 8:30 p.m.		
Tyshaun Cauldwell R-Center for Hope	Flag Football 4 - 5:30 p.m. Open Gym 8:30 - 9:15 p.m. Fitness Center 3 - 9 p.m.	Flag Football 4 - 5:30 p.m. Open Gym 8:30 - 9:15 p.m. Fitness Center 3 - 9 p.m.	Flag Football 4 - 5:30 p.m. Open Gym 8:30 - 9:15 p.m. Fitness Center 3 - 9 p.m.	Flag Football 4 - 5:30 p.m. Open Gym 8:30 - 9:15 p.m. Fitness Center 3 - 9 p.m.	Flag Football 4 - 5:30 p.m. Open Gym 8:30 - 9:15 p.m. Fitness Center 3 - 9 p.m.	Open Gym 4 - 5:30 p.m. Fitness Center 4 - 5:30 p.m.
Carter Street	Open Gym 4:30 - 6 p.m. Pickleball, Flag Football and Soccer Practice 4 - 6 p.m. E-Gaming League 5 - 8:30 p.m.	Open Gym 4:30 - 6 p.m. Adult Open Ball 6:30 - 9 p.m. Pickleball, Flag Football and Soccer Practice 4 - 6 p.m. E-Gaming League 5 - 8:30 p.m.	Open Gym 4:30 - 6 p.m. Pickleball, Flag Football and Soccer Practice 4 - 6 p.m. E-Gaming League 5 - 8:30 p.m.	Open Gym 4:30 - 6 p.m. Ladies' Night Open Gym 6 - 8:30 p.m. Pickleball, Flag Football and Soccer Practice 4 - 6 p.m. E-Gaming League 5 - 8:30 p.m.	Open Gym 4:30 - 6 p.m. E-Gaming League 5 - 8:30 p.m.	
Frederick Douglass	Squash 3:30 - 5 p.m. Fitness Center 2 - 9:15 p.m.	Basketball 3:30 - 4:30 p.m. Open Gym 7 - 9 p.m. Fitness Center 2 - 9:15 p.m.	Girls Roc Sports 2 - 3 p.m. Open Gym 7 - 9 p.m. Fitness Center 2 - 9:15 p.m.	Flag Football 4 - 5:30 p.m. Open Gym 7 p.m. - 9 p.m. Fitness Center 2 - 9:15 p.m.	Fitness Ctr. 2 - 9:15 p.m.	Fitness Ctr. 10 a.m. - 4:45 p.m.

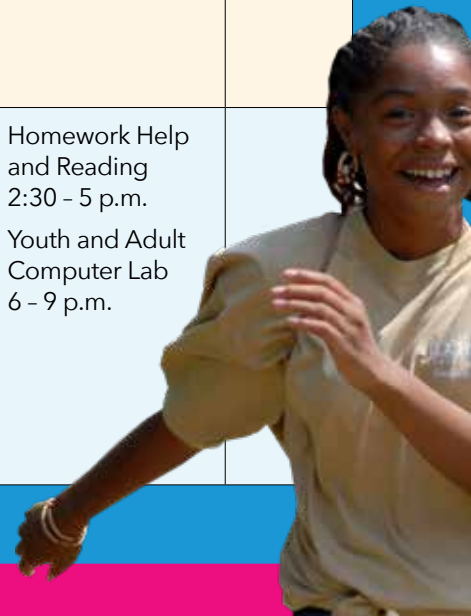


R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
Edgerton	Flag Football 4 - 5 p.m. Step Team 6 - 7 p.m.	Flag Football 4 - 5 p.m. Step Team 6 - 9 p.m.	Flag Football 4 - 5 p.m. Step Team 6 - 7 p.m.	Flag Football 4 - 5 p.m. Step Team 7:30 - 9 p.m.		
Flint Street	Flag Football 4:30 - 8:30 p.m. Open Gym 8 - 9:15 p.m. Weight Room 2:30 - 8:30 p.m.	Weight Room 2:30 - 8:30 p.m. Open Gym 8 - 9:15 p.m.	Flag Football 4:30 - 8:30 p.m. Open Gym 8 - 9:15 p.m. Weight Room 2:30 - 8:30 p.m.			Weight Room 10:30 4:30 p.m. Open Gym 1 - 4:30 p.m.
David F. Gantt	Open Gym 7 - 9:30 p.m. Weight Room 10 a.m. - 9:15 p.m.	Weight Room 10 a.m. - 9:15 p.m.	Open Gym 7 - 9:30 p.m. Weight Room 10:00 a.m. - 9:15 p.m.	Weight Room 10 a.m. - 9:15 p.m.	Weight Room 10 a.m. - 9:15 p.m.	Weight Room 11 a.m. - 4:30 p.m.
Humboldt Street	Flag Football 4 - 5:30 p.m.	Flag Football 4 - 5:30 p.m.	Flag Football 4 - 5:30 p.m.	Flag Football 4 - 5:30 p.m.	Flag Football 4 - 5:30 p.m.	CLOSED
Roxie Ann Sinkler	Under 13 Open Ball 4 - 6 p.m. Open Ball 6 - 9 p.m.	Under 13 Open Ball 4 - 6 p.m. Flag Football 4 p.m.-6 p.m. Open Ball 6 - 9 p.m.	Under 13 Open Ball 4 - 6 p.m. Open Ball 6 - 9 p.m.	Under 13 Open Ball 4 - 6 p.m. Flag Football 4 - 6 p.m. Open Ball 6 - 9 p.m.	Under 13 Open Ball 4 - 5:30 p.m.	
Thomas P. Ryan	Open Gym (ages 14 and under) 4 - 5 p.m. Flag Football 4 - 5 p.m. Open Gym (15 and older) 7 - 9 p.m. Weight Room 5 - 9 p.m. Floor Hockey (beginning mid-Nov) 4 - 5 p.m. Wrestling (beginning Dec) 6 - 8 p.m.	Open Gym (15 and older) 7 - 9 p.m. Weight Room 5 - 9 p.m.	Open Gym (ages 14 and under) 4 - 5 p.m. Open Gym (15 and older) 7 - 9 p.m. Weight Room 5 - 9 p.m. Flag Football 4 - 5 p.m. Floor Hockey (beginning mid- Nov) 4 - 5 p.m. Wrestling (beginning Dec) 6 - 8 p.m.	Open Gym (ages 14 and under) 4 - 5 p.m. Open Gym (15 and older) 7 - 9 p.m. Weight Room 5 - 9 p.m. Flag Football 4 - 5 p.m. Floor Hockey (beginning mid-Nov) 4 - 5 p.m.	Open Gym (ages 14 and under) 4 - 5 p.m. Open Gym (15 and older) 7 - 9 p.m. Weight Room 5 - 9 p.m.	Open Gym (all ages) 11 a.m. - 4:30 p.m. Weight Room 10 a.m. - 4:30 p.m.



Youth & Adult Enrichment


R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
#17 School	Wellness Hour 5 - 7 p.m. Homework Help 3 - 5 p.m.	Contact Center for Schedule of Daily Activities Homework Help 3 - 5 p.m. Girls' Circle 5:30 - 6:30 p.m. Boys' Council 5:30 - 6:30 p.m.	Wellness Hour 5 - 7:30 p.m. Homework Help 3 - 5 p.m.	YVOV 6 - 7:30 p.m. Homework Help 3 - 5 p.m.	Homework Help 3 - 5 p.m.	CLOSED
Adams Street	Homework Help and Reading 2:30 - 4 p.m. Wellness Hour 6 - 7 p.m.	Homework Help and Reading 2:30 - 4 p.m. Girls' Circle 5:30 - 6:30 p.m. Boys' Council 5:30 - 6:30 p.m.	Homework Help and Reading 2:30 - 4 p.m.	Homework Help and Reading 2:30 - 4 p.m. YVOV 6 - 7:30 p.m.	Homework Help and Reading 2:30 - 4 p.m.	
Avenue D	Homework Help and Reading 3:30 - 4:30 p.m. Wellness Hour 5 - 7 p.m.	Homework Help and Reading 3:30 - 4:30 p.m.	Homework Help and Reading 3:30 - 4:30 p.m.	Homework Help and Reading 3:30 - 4:30 p.m. YVOV 6 - 7:30 p.m.	Homework Help and Reading 3:30 - 4:30 p.m.	
Tyshaun Cauldwell R-Center for Hope	Homework Help and Reading 3 - 5 p.m.	Homework Help and Reading 3 - 5 p.m. Girls' Circle 6 - 7 p.m. Boys' Council 6 - 7 p.m.	Homework Help and Reading 3 - 5 p.m. Wellness Hour 4 - 5 p.m.	Homework Help and Reading 3 - 5 p.m. YVOV 6 - 7:30 p.m.	Homework Help and Reading 3 - 5 p.m.	
Carter Street	Homework Help and Reading 2:30 - 5 p.m. Wellness Hour 4 - 5 p.m. Youth and Adult Computer Lab 6 - 9 p.m.	Homework Help and Reading 2:30 - 5 p.m. Girls' Circle 6 - 7:30 p.m. Boys' Council 6 - 7:30 p.m. Youth and Adult Computer Lab 6 - 9 p.m.	Homework Help and Reading 2:30 - 5 p.m. Wellness Hour 5 - 7:30 p.m. Youth and Adult Computer Lab 6 - 9 p.m.	Homework Help and Reading 2:30 - 5 p.m. YVOV 6 - 7:30 p.m. Youth and Adult Computer Lab 6 - 9 p.m.	Homework Help and Reading 2:30 - 5 p.m. Youth and Adult Computer Lab 6 - 9 p.m.	



R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
Clinton-Baden St.			Wellness Hour 5 – 6 p.m.	YVOV 6 - 7:30 p.m.		
Frederick Douglass	Homework Help and Reading 2:30 - 4:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. Girls' Circle 5 – 6 p.m. Boys' Council 5 – 6 p.m.	Homework Help and Reading 2:30 - 4:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. YVOV 4:30 - 5:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. Wellness Hour 3 p.m. – 5 p.m.	
Edgerton	Homework Help and Reading 2:30 - 4:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. Wellness Hour 3 p.m. – 5 p.m. Girls' Circle 5 – 6 p.m. Boys' Council 5 – 6 p.m.	Homework Help and Reading 2:30 - 4:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. YVOV 6 - 7:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. Wellness Hour 3 – 5 p.m.	
Flint Street	Homework Help and Reading 2:30 - 4:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. Girls' Circle 5:30 - 6:30 p.m. Boys' Council 7 – 8 p.m.	Homework Help and Reading 2:30 - 4:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m. Wellness Hour 2 – 5 p.m. YVOV 6 - 7:30 p.m.	Homework Help and Reading 2:30 - 4:30 p.m.	
David F. Gantt	Homework Help and Reading 2:30 - 4:30 p.m.	Wellness Hour 5 – 6 p.m. Girls' Circle 6 – 7 p.m. Boys' Council 5 - 6:30 p.m.		YVOV 6 - 7:30 p.m.		
Humboldt Street		Girls' Circle 4 – 5 p.m. Boys' Council 4 – 5 p.m.	Wellness Hour and Healthy Habits 5 – 6 p.m.	YVOV 5:30 – 7 p.m.		
Roxie Ann Sinkler	Homework Help and Reading 2:30-5 p.m.	Homework Help and Reading 2:30 – 5 p.m. Girls' Circle 5:30 - 6:30 p.m. Boys' Council 6:30 - 7:30 p.m.	Homework Help and Reading 2:30 - 5 p.m.	Homework Help and Reading 2:30 - 5p.m. Wellness Hour 5 – 6 p.m. YVOV 6 - 7:30 p.m.	Homework Help and Reading 2:30 - 5 p.m.	
Thomas P. Ryan	Boy Scouts 6 - 7:30 p.m.	Girls' Circle 4 – 5 p.m. Boys' Council 4 – 5 p.m.	Girl Scouts (2nd & 4th Wed) 6 - 7:30 p.m.	Wellness Hour 4 – 5 p.m. YVOV 6 - 7:30 p.m.		



Classes

R-Center	MON.	TUE.	WED.	THU.	FRI.	SAT.
School #17		How to be Safe on Social Media: 6 - 7 p.m.				CLOSED
Adams Street	Outdoor Explorers 4:30 - 5:30 p.m.	Martial Arts: 6 - 7 p.m. How to be Safe on Social Media: 6 - 7 p.m.				Martial Arts 1- 2 p.m.
Avenue D		How to be Safe on Social Media: 6 - 7 p.m.	Cooking Class 6:30 - 7:30 p.m.			
Carter Street	Cooking Class 6 - 7:30 p.m.	How to be Safe on Social Media: 6 - 7 p.m.	Hip-Hop Dance 2:30 - 4 p.m.	Yoga 5 - 6 p.m.	Ceramics 6 - 8 p.m.	
Frederick Douglass	Roc Music 3 - 4:30 p.m.	Roc Music: 3 - 4:30 p.m. How to be Safe on Social Media: 6 - 7 p.m.	Cooking Class 4 - 5 p.m.	Roc Music 3 - 4:30 p.m.	Roc Music 3 - 4:30 p.m.	
Edgerton Street	Ceramics 6:30 - 9 p.m.	Roc Music 3:30 - 6p.m. How to be Safe on Social Media: 6 - 7 p.m.	Chair Fitness for Adults 7 - 8:30 p.m.	Roc Music 3:30 - 6 p.m.		
Flint Street		How to be Safe on Social Media: 6 - 7 p.m.	Cooking Class 6 - 7:30 p.m.			
Humboldt	Painting with a Sip of Tea 4 - 6 p.m.					CLOSED
Roxie Sinkler	Arts and Crafts 5:30 - 6:30 p.m.	Kreative Cooking 5:30 - 6 p.m. How to Safe on Social Media: 6 - 7 p.m.	Arts and Crafts 5:30 - 6:30 p.m.	Drawing & Painting 6 - 7 p.m.	Drawing & Painting 6 - 7 p.m.	CLOSED
Thomas Ryan		How to be Safe on Social Media: 6 - 7 p.m.		Arts and Crafts 3 - 4 p.m. Seeds to Success 4 - 6 p.m.	Arts and Crafts 3 - 4 p.m.	
David F. Gantt	ROC Music 3 - 6 p.m.		ROC Music 3 - 6 p.m.		ROC Music 3 - 6 p.m.	

R-Centers FREE Offerings ■ Team Sports ■ Literacy Activities ■ Academic Enrichment ■ Open Play ■ STEAM Programs ■ Community Computer Lab ■ Open Adult Basketball ■ Call for specifics.

Special Events

Roc The Riverway Weekend: ROC the Riverway Weekend, formerly River Romance, features dozens of events and activities to highlight and celebrate the historic significance, natural beauty and economic potential of the Genesee River.

Events include guided tours, historical reenactments, nature walks, bike rides, kayak excursions and the popular marriage-vow renewal ceremony on the Pont de Rennes pedestrian bridge. There will also be events to help visitors learn about the ongoing ROC the Riverway riverfront development program, which features more than 30 projects to transform the city's relationship with the Genesee River. For a complete schedule, visit www.cityofrochester.gov/ROcthe-Riverway Fri., Sat. and Sun.; Oct. 4, 5 and 6. Various locations along the Genesee River, 428-8820 Stephanie Benway, Stephanie.Benway@Cityofrochester.gov

Free holiday fun! Roc Holiday Village: Bringing in over 50,000 visitors to the Dr. Martin Luther King Jr. Ice Rink. The City of Rochester Roc Holiday Village focuses on bringing the magic of the holidays back to Downtown Rochester!

When the Village is open, enjoy free ice skating and skate rentals sponsored by Wegmans, clinics and performances on the rink, visit Santa, shop for gifts from local vendors and artisans, eat at pop-up restaurants and so much more.

Check out www.rocholidayvillage.com for hours and details! Every Friday, Saturday & Sunday In December 2019!

ROC THE RIVERWAY
Believe IN THE POWER OF THE GENESSEE



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

3:30 - 6:30 p.m.

We're taking it to the streets! The Rec on the Move (ROTM) mobile recreation centers bring the benefits of City R-Centers right to city neighborhoods. ROTM activities include: group games, STEAM activities, homework help, arts activities, healthy snacks and more.

Interested in having Rec on the Move roll into your neighborhood or event? Visit cityofrochester.gov/reconthemove

Complete the form and submit via email to Kristina.Walker@cityofrochester.gov.

Or call **428-6274** for more information.


Sept. 10-13	Pulaski Park	Bronson Park
Sept. 17-20	Baden Park	Jefferson Terrace Park
Sept. 24-27	Marketview Lodge	Troup St. Park
Oct. 1-4	Don Samuel Torres Park	Jones Square Park
Oct. 8-11	Grand Ave Playground	JR Wilson Park
Oct. 15-18	Fourth & Peck Park	JP Riley Park
Oct. 22-25:	Conkey Corner Park	Susan B. Anthony Park



cityofrochester.gov/reconthemove



Athletics and Aquatics



Program	Dates	Location	Contact
Rochester City Soccer League for Boys and Girls: Indoor soccer ages; U7, Co-Ed; U10 Co-Ed; U13 Co-Ed; U16 Co-Ed; U19 Co-Ed	Registration Oct. 1 - Dec. 21. Futsal Practices Nov. 4 - Dec. 31 Games begin Jan. 1, 2020	Various R-Centers	305-1136 or 428-7592 Nicole Hercules or Don Corey nicole@rochestercitysoccerleague.com
Adult Tennis Lessons: Professional instruction with Swing Tennis Academy for all levels. \$99 per session	Sep. 4 - Oct. 1	Cobbs Hill and Genesee Valley Tennis Courts Mon. & Weds. or Sat/Sun. at Cobb Hill Court Tues & Thurs. at GVP Court	415-9342 or 428-6755 Curtis Carter curtis@swingtennis.com
Roc Softball and Kickball Fall Leagues: Co-Ed and Men Leagues	Mon. - Fri., Aug. - Oct.	Cobbs Hill	455-7827 Pat Nothnagle rocsportsny@yahoo.com
Community Youth Flag Football League: Ages 13-15 Mon. & Wed. Ages 12U Tues. & Thur.	Sep. 23 - Nov. 14 Game times: 5:30, 6:30 and 7:30 p.m.	Edgerton Park or Rochester Community Sports Complex	428-7592 Don Corey coreyd@cityofrochester.gov
Sports Camps: Basketball, Baseball, Soccer and Lacrosse	Basketball Sep. 16 - Nov. 3, Mon. - Fri. 6 - 8 p.m., Sat. - Sun. 10 a.m - 2 p.m. Soccer Nov. 4 - Dec. 22 Mon. - Fri. 6 - 8 p.m., Sat. - Sun 10 a.m - 2 p.m. Lacrosse/Baseball Mon.-Friday 6-8 p.m. Sat. & Sun. 10-2 p.m.	Tyshaun Cauldwell R-Center 	428-6481 Eric Rose eric.rose@cityofrochester.gov
Punt Pass and Kick: Footballs oldest grassroots initiative, Youth ages 6-15 compete in passing, kicking and punting skills.	Oct. 2, 5 - 8 p.m.	Rochester Community Sports Complex 460 Oak Street	428-7592: Don Corey coreyd@cityofrochester.gov
Cobbs Hill Fitness Court: This comprehensive outdoor circuit training system supports 28 simultaneous users on 30 separate pieces of equipment.	Every day. Can be reserved 4/15-11/15 by permit for exclusive use.	Cobbs Hill Park near basketball courts and Diamond #1	428-6755 Leslie Green leslie.green@cityofrochester.gov

Program	Dates	Location	Contact
Outdoor Ice Skating: This outdoor rink in the heart of downtown is home to the popular Roc Holiday Village and other events.	Nov. 23 - Mar. 15, 2020 Every Day	Dr. Martin Luther King Jr. Memorial Ice Skating Rink	428-7541 Mike Corey coreym@cityofrochester.gov
Indoor Ice Skating: Recreational skating for all ages, including youth hockey club, adult hockey leagues, speed skating and sled hockey.	Sep. 7 - Apr. 5, 2020	Genesee Valley Park Ice Arena at Genesee Valley Sports Complex	428-7888 Mike Corey coreym@cityofrochester.gov
Indoor Swimming: Baby and Me Swim Lessons: Parents or guardians introduce children to the water using songs while learning how to work with their child safely. One adult per child is required. Swim diapers must be worn. Inclusive Open Swim: Accessible and adaptable open swim in a safe space for city residents requiring accommodations and additional support. A portable ramp and accessible lift are available.	Sep. 9 - Jun. 13, 2020 All sessions are Saturdays for six weeks; Lessons are one (1) hour long unless otherwise noted. Special Note: Baden pool is under renovation and is expected to open in Mid Fall 2019. Mon. - Fri. 4:30 -6 p.m. and 8-9 p.m. Sat. 12 - 3 p.m.	Adams St.	428-7456 (Adams Pool) Brittany Bowman bowmanb@cityofrochester.gov 
Community Wide Youth Floor Hockey League: Indoor Floor Hockey for youth 15U with support from the Rochester Amerks. Learn the game and hone your skills.	Register at local R-Center Nov. 4 Season Begins Dec. 3 Game times: 5:30, 6:30 or 7:30 p.m.	Hosted at Carter St. (Tues. & Weds.) and Frederick Douglass R-Center (Thurs.)	Call your local R-Center For free agents or outside organizations contact: 428-7592, Don Corey coreyd@cityofrochestergov
Wrestling Club: Teaches youth ages 8-14 the relationship between effort and achievement as a team and as individuals. The city and City-Catholic Wrestling Association are offering this exciting opportunity for the 7th year.	Registration Begins 11/1 Practices beginning 12/2: Mon. & Weds., 6 - 8 p.m.	Ryan R-Center	428-7721 Mike Georgetti Mike.Georgetti@cityofrochester.gov Or 733-9693. Leo Rhodes, CCWA President lhrhodesjr@hotmail.com
Learn to Swim Classes: For swim levels 1-6.	Fri.: 10/18 - 12/13, 6 - 8 p.m., Sat.: 10/19-12/14, 10 am - Noon Registration: 9/23-10/17.	Adams St.	428-7456 (Adams Pool)
Rochester Rapids Swim Team Practice	Mon. - Fri.: 6 - 8 pm. Fri.: 4:30 - 6 p.m. beginning September 9.		857-5356 or email rrst.register@gmail.com or



Did you know that the 114-year old City of Rochester Public Market at 280 North Union Street is a facility and program of the Department of Recreation and Youth Services? The Market is commerce and community year round—make it part of your Rochester routine!

Use SNAP Benefits at the Market: The Market Token Program allows SNAP recipients to get fresh, healthy, affordable foods. Visit the Market Token Center (behind the Market Office) with an electronic benefits card and receive wooden tokens that can be used with dozens of Market vendors. Hours are Tues. and Thurs., 8 a.m.-1 p.m. and Saturdays 6:30 a.m.-3 p.m. The Program is run by the Friends of the

Rochester Public Market. You can learn if you are eligible for SNAP by calling Legal Assistance of Western New York, **585-295-5624**. Visit cityofrochester.gov/markettokenprogram.

Getting to Market: If you're driving, go to the Scio Street lot. A pedestrian/trolley bridge over North Union Street is available. A tractor-pulled, Market Trolley ferries customers from the Market to the parking areas and bus stop locations on Thurs. and Sat. from May through October. The Market also offers a year-round Bike Incentive/Reward Program for those who use their bikes; there are also two Pace bike share stations on site.

Regional Transit Service (RTS) bus stops are near the north Market entrance on North Union Street and are served by RTS Route 39.

Selling at the Market The Public Market makes it easy for businesses and entrepreneurs to sell foods, general merchandise and arts/crafts to a large, diverse and enthusiastic customer base. To learn more about qualifying products and the vendor process, call 585-428-6907 Tuesday through Friday mornings, or go to cityofrochester.gov/marketvendors.

Free-Admission Market Special Events: The special events lineup for the



remainder of the year is listed here; please check

cityofrochester.gov/marketevents

Community Garage Sales:

Fall Sunday Sales: September 8, 22 and 29, October 6, 13 and 20. All events 8 a.m. to 2 p.m.

Food Truck Rodeo: The final Rodeo of the year is Wednesday, September 25, 5 -9 p.m.

Artist Row: This annual juried art show and sale is hosted by the Friends of the Rochester Public Market. Artwork, live music, food trucks, family fun activities and more. Sunday, September 15, 10 a.m. - 4 p.m. For more information, go to artistrowrochester.com.

Halloween at the Market:

This family event is held the Sunday before Halloween for children and families to test out their costumes, trick or treat, AND connect with community organizations and agencies that exist to improve your quality of life.

Hay rides, Rec on the Move mobile recreation center, food and snack vendors round out the fun. Sunday, October 27, 4:30-7 p.m. Visit cityofrochester.gov/markethalloween



Tuesdays & Thursdays: 6 a.m. - 1 p.m. • Saturdays: 5 a.m. - 3 p.m. • cityofrochester.gov/publicmarket



Holidays at the Market: features dozens of vendors with art, crafts, decorations, holiday food delicacies, gifts, stocking stuffers, trees, wreaths and more. Visit with Santa (from 9 a.m. to 2 p.m. each event), take a free

holiday hay ride, decorate a free holiday cookie (while supplies last) and more! Sundays: December 1, 8 and 15, all events 8 a.m. to 2 p.m. Visit cityofrochester.gov/holidaysatmarket



Introducing the Clinton - Baden R-Center

We're pleased to announce the opening of the new Clinton - Baden R-Center featuring a playground, outdoor fields & courts, gym, game room, weight room, boxing ring, indoor pool, community room, lounge, computer lab and kitchen. Launch date TBA.

YOUTH EMPLOYMENT TRAINING

TAKE THE
FIRST STEP
TOWARD A
BRIGHT FUTURE.

Take advantage of FREE Employment Readiness Training.

Mayor Warren invites high school students to get the skills needed to successfully land a job by taking advantage of free, week-long employment readiness training. Trainings are open to currently enrolled students ages 14-20.

- Life Skills • Leadership Skills
- Personal Portfolio • Snacks/Prizes

For more information and to enroll, call **585-428-6366**.





Campbell Street R-Center Renamed to Tyshaun Cauldwell R-Center for Hope

On July 23, 2019 Mayor Lovely A. Warren officially renamed the Campbell Street R-Center as the Tyshaun Cauldwell R-Center for Hope. Tyshaun, a 10-year-old child filled with hope and promise, was struck and killed by a stray bullet in 2001 near his home on Kondolf Street. His death sparked community outrage and led to the creation of the JOSANA neighborhood association, the development of a Master Plan for the neighborhood and implementation of the community schools model at School 17. Tyshaun's tragic death inspired neighbors to come together to overcome major challenges. A memorial plaque of Tyshaun is placed inside of the R-Center as dedication of his remembrance.



New! Latin-theme event space and market, La Marketa

La Marketa at the International Plaza is an exciting new City initiative to develop and construct a new Latin-themed event space and marketplace on North Clinton Avenue. The project will include a variety of vendors and vending options ranging from pop-up tents and carts to more permanent locations housed in converted shipping containers, a performance pavilion, dedicated restrooms and a service/storage building. The \$2 million project is anticipated to be ready to open in the summer of 2020.

La Marketa at the International Plaza will provide a community gathering space to celebrate and build on the tremendous arts and cultural assets of the surrounding neighborhood and a spot where local entrepreneurs and/or existing businesses can locate and sell their products and services in a low risk, low cost, flexible environment that is envisioned to become an incubator for neighborhood economic development.



The Rochester Community Sports Complex at the Downtown Soccer Stadium:

The property at 460 Oak Street, is now operated by the Department of Recreation & Youth Services as a youth sports complex. The Rochester City School District, local youth sports leagues and community organizations will utilize the facility for year-round sports training. The complex opened in spring 2019 with a variety of Sport Clinics such as lacrosse, football, baseball, soccer, conditioning and much more.



For more information about the Rochester Community Sports Complex please call (585) 428-6841.

City of Rochester Receives Sexual Risk Avoidance Education Grant

The City of Rochester has been awarded \$1,375,000 to fund a Sexual Risk Avoidance Education (SRAE) program, designed to promote children's social-emotional development, foster relationships with adults and other youth and reduce health disparities.

The Department of Recreation & Youth Services will partner with Metro Council for Teen Potential (MCTP) in delivering the proposed program, to reach a total of 300 youth per year, ages 10 to 13. The project will primarily serve African American and Latino youth, youth living in poverty, youth from single parent homes and displaced youth.

SRAE participants can engage in a wide variety of activities focused on: physical and mental development, cooking and nutrition, youth leadership, creative expression, crafts and yoga. The program will operate in City R-Centers as well as community-based programming and will provide youth with mentorship, homework help, and healthy meals and snacks. Program workshops will focus on developing emotional intelligence, self-discipline and goal setting. Through the SRAE program youth will learn about the skills and tools necessary to overcome challenges and achieve success.



City of Rochester, Department of
Recreation and Youth Services
400 Dewey Ave.
Rochester, NY 14613

PRESORTED
STANDARD MAIL
US POSTAGE PAID
ROCHESTER, NY
Permit No. 4380

MVP Health Care® Fitness Court at Cobb's Hill

Make Healthy Happen!

FREE fitness for everyone in the Rochester community.

This outdoor circuit training system includes 30 pieces of equipment, allowing users of all skill levels to leverage their body weight at different angles and resistance levels to increase mobility and muscular strength. A part of an effort to activate public spaces and encourage a healthy lifestyle, the fitness court is a pillar of exercise in downtown Rochester. Residents can also take advantage of the free Fitness Court App which acts as a how-to guide and a “personal coach in your pocket.” This self-guided mobile support makes it easy for any user to master the court’s seven movements—**core**, **squat**, **push**, **lunge**, **pull**, **agility**, and **bend**—at their own pace and level of ability.

We want to see pictures and videos of you using the court!
Be sure to use **#MVPFitCourt** when posting on social media!

