Winter ❄ Spring 2019 - 20

Rochester Recreation Guide

Believe.

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

R-Center Locations & Amenities

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

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. • M - F, 2:30 - 9:30 p.m., Closed Sat

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

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.

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

DRYS
Department of Recreation and Youth Services

Important Dates

Dec. 6: Rochester City School District (RCSD) Half Day
R-Centers open 10 a.m. - 6 p.m.

Dec. 23 & 24: RSCD Recess begins
R-Centers open 9 a.m. - 6 p.m.

Dec. 25: Christmas Day
R-Centers closed

Dec. 26 - 31: RCSD Recess
R-Centers open 9 a.m. - 6 p.m.

Jan. 1: New Year's Day
R-Centers closed

Jan. 10: Staff Meeting
R-Centers Closed at 8 p.m.

Jan. 20: Dr. Martin Luther King Jr.
Holiday, R-Centers closed

Feb. 7: Staff Meeting
R-Centers Closed at 8 p.m.

Feb. 17: President's Day
R-Centers closed

Feb. 18 - 21: RCSD Recess
R-Centers open 9 a.m. - 6 p.m.

Mar. 6: RCSD half day
R-Center open 10 a.m. - 6 p.m.

Mar. 13: Staff Meeting
R-Centers close at 8 p.m.

Apr. 3: RCSD Superintendents Day
R-Centers open 9 a.m. - 6 p.m.

Apr. 6 - 9: RCSD Recess
R-Centers open 9 a.m. - 6 p.m.

Apr. 10: Good Friday
R-Centers Closed

Apr. 11: Easter weekend
R-Centers Closed

Apr.13: RCSD Recess
R-Centers open 9 a.m. - 6 p.m.

May 1: Staff Meeting
R-Centers close at 8 p.m.

May 4: RCSD Superintendents Day
R-Centers open 9 a.m. - 6 p.m.

May 25: Memorial Day
R-Centers closed

Jun. 5: Staff Meeting
R-Centers close at 8 p.m.

Jun. 19: FWS Program Ends
R-Centers closed

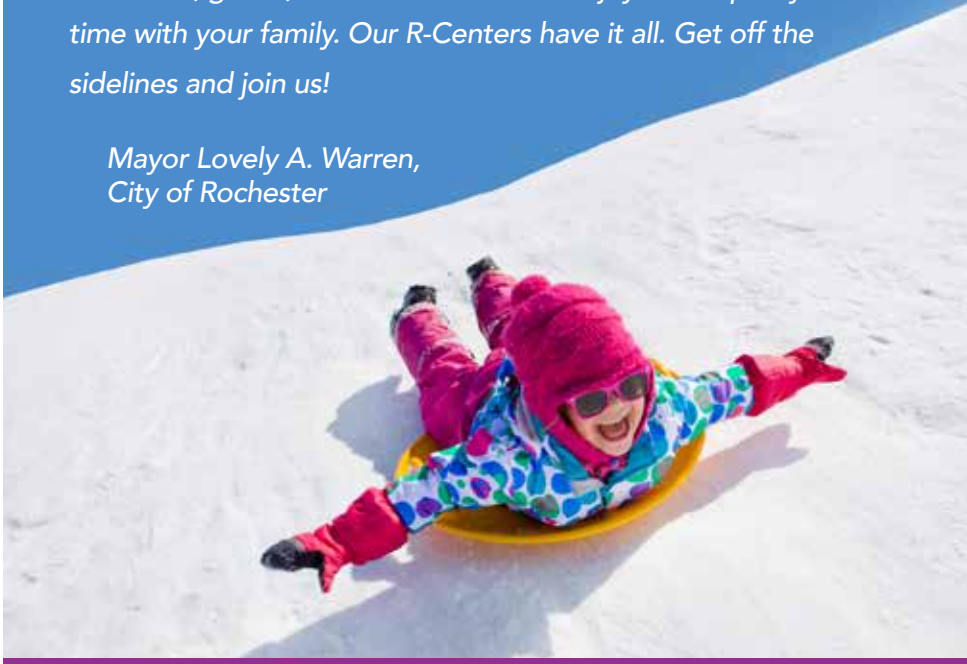
June 22 - 26: Rec Staff Training
Week, R-Centers closed

There's something about the crisp cold air heralding the approach of winter that reinvigorates the senses. Plus, we know one of the best ways to keep warm is to keep moving!

Not only are our R-Centers a place of warmth and community, we offer an array of programs, from dance to athletics, all guaranteed to get your heart pumping. There's plenty of opportunity to stimulate the mind as well - with fun and educational options for everyone, including arts & crafts, literacy enrichment, music, baking and game nights.

Before you know it, spring is around the corner, bringing with it rebirth and a new beginning. Every season offers a chance to start fresh and make the most of life. Your neighborhood R-Centers can help you achieve your goals, whether that's to eat better, get fit, make new friends or enjoy more quality time with your family. Our R-Centers have it all. Get off the sidelines and join us!

Mayor Lovely A. Warren,
City of Rochester



We've moved!

The City of Rochester Department of Recreation and Youth Services
57 St. Paul St. Rochester, NY, 14604 • Phone: 428-6755
Office hours: Weekdays, 9 a.m. - 5 p.m.
Dr. Daniele J. Lyman-Torres, Commissioner

Explore and Grow!

r-centers
Rochester Community 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: • Friendly and well-trained staff • Fitness and arts activities • Healthy snacks and hot dinners • Homework help • Field trips	Runs from September 10, 2019 to June 26, 2020 on weekdays from 2 p.m. - 6:30 p.m.	Lake Riley Lodge	428-6373 Carmen Mayoliz carmen.mayoliz@cityofrochester.gov $55 per week for city youth; $45 per week for siblings. $85 per week, all day care through ASIP during winter and spring recess. Non-city residents should call for pricing and availability.
ArtSmart and Sports Camp Registration	Begins March 4, 2020	Lake Riley Lodge and Genesee Valley Park Field House	www.cityofrochester.gov/summercamps/ or 428-9777
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	428-6683 Stephanie Benway stephanie.benway@cityofrochester.gov
Rec On the Move: 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 from 3:30 - 6:30 pm. ROTM increases access to the many healthy, educational and fun activities that City R-Centers provide. ROTM activities include: group games, STEAM activities, homework help, arts activities, healthy snacks and more. Please note, due to high demand for the ROTM team, we cannot book events that are less than three hours.	May 4 - 8: May 11 - 15: May 18 - 22 May 25 - 29: Jun. 1 - 5: Jun. 8 - 12: Jun. 15 - 19: Jun. 22 - 26:	Susan B. Anthony Park & Grand Ave. Pierpont (School #7) & School #8 Aberdeen Square & Don Samuel Torres Park Troup St. & Marie Daley Park Jones Square Park & First Street Playground West High Field & Ellwanger-Barry Park Bronson Park & Charlotte Village Green LaGrange Park & Conkey	428-6274 Kristina Walker Kristina.Walker@cityofrochester.gov Sign up for Spring 2020! Visit www.cityofrochester.gov/reconthemove for an application.

Program	Dates	Location	Notes and Contact
Flower City AmeriCorps offers a year-long apprenticeship in the field of human services. Over the course of the service year, members will be provided with skills, information and experiences for career success. Comprehensive orientation begins with exploring community needs and resources, leadership development and community collaboration. Then members embark on hands-on apprenticeships at a local nonprofit or government agency where they will receive mentorship and training in a specialized service area including: community building, economic opportunity, health and wellness, or positive youth development. Members also receive ongoing professional development in the areas of teamwork, project planning and implementation and goal setting.	2020 Service Dates: January 7 - December 16, 2020 Applications due: December 1, 2019	Various	Sara Scott 585-820-8860 (text) Sara.Scott@cityofrochester.gov To learn more about the Flower City AmeriCorps program and apply for the 2020 Service Year visit: www.cityofrochester.gov/americorps/ Flower City AmeriCorps applications are also available at your local R-Center front desk.
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 ages 10 - 21. 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.	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

Improve your coordination and flexibility in this game of Bingo for older adults infused with simple yoga exercise moves!

Classes are about an hour and open to caregivers of people with memory challenges and anyone 55+ at Adams St. R-Center. Participants at all levels of activity are able to have fun at Bing-Yo!

For More Information:
Linda Armstrong: 585-287-6459
Kristina Walker: 585-428-6274
Kristina.Walker@cityofrochester.gov

On your Block

R-Center clubs, classes, sports, dance and fitness, and youth and adult enrichment programs are the cornerstone to a healthier, more productive community. Your local R-Center offers some or all of the enrichment programs listed below. Find the R-Center nearest you to participate in programs for the whole family.

Roc Kids Read: Literacy enrichment using multi-sensory activities. **Grades K-3.**

Literacy Enrichment Programming: Literacy and phonemic awareness enrichment activities. **Grades 3-12.**

Wellness Hour: Have simple health, physical, mental and sexual health questions answered by our team of qualified sexual health educators. **All ages welcome.**

The Circle: Trauma informed youth development group for **female youth ages 8-13 & 14-18** regardless of sexual orientation, gender identity or expression (preferred pronouns she/her/they).

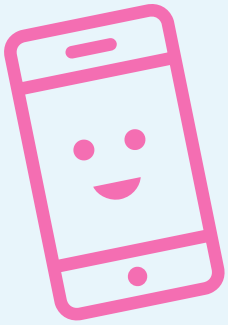
The Council: Trauma informed youth development group for **male youth ages 8-13 & 14-18** regardless of sexual orientation, gender identity or expression (preferred pronouns he/him/they).

Youth Voice One Vision (YVOV): Join Mayor Lovely Warren's Youth Advisory Council and have your voice heard. YVOV is dedicated to connecting, training and advising Rochester's youth leaders. The goal is to establish a diverse membership of youth who can provide expertise in various fields and to inform and impact policies related to youth issues. **Youth ages 12-18.**

ROCmusic: Want to learn to be a musician? Come learn to read and create music, and to play the violin, viola, cello or bass with students from all over the city. Elective classes available on Wednesdays in West African drumming, choir, conducting and recording technology. Opportunity to perform in concerts all over the city. **Grades 1-12**

Edgerton R-Center • 41 Backus St. • 428-6769

Mon. - Fri.
2:30 - 9:30 p.m.
Closed Sat.



Clubs/Groups	Classes	Sports	* Enrichment Programs (See descriptions page 6)
Ceramics Club Mon., 6:30 - 830 p.m. Adults and Teen Ceramics, $3 per class, 10 ppl per class, basic ceramics and greenware	**Roc Music** Tue., Wed, & Thu. 4 - 6 p.m.	**Step Team** Mon. - Thu. 6 - 7 p.m.	**Literacy Enrichment Programming** Mon. - Thu., 2:30 - 4 p.m.
Recycle, Repurpose, Reuse Art: Wed., 7 - 8 p.m.			**Movie Night:** Fri., 6 - 8:30 p.m.
Intergenerational Card Club Thu., 7 - 8:30 p.m.			**Wellness Hour:** Mon., 6 - 7 p.m.
Smart Phone Club Fri., 6 - 7 p.m.			**The Circle:** Tue., 5:30 - 6:30 p.m.
			The Council: Tue., 5:30 - 6:30 p.m.
			Youth Voice One Vision (YVOV): Thu. 6 - 7:30 p.m.

Tyshaun Cauldwell R-Center for Hope • 524 Campbell St. • 428-7860

Mon. - Fri.
2:30 - 9:30 p.m.
Sat.
10 a.m. - 5 p.m.

Sports	* Enrichment Programs (See descriptions page 6)
Soccer Training, All Ages Nov. 3 - Dec. 22, Mon. - Fri., 6 - 8 p.m. Sat. - Sun., 10 a.m. - 2 p.m.	**Roc Kids Read:** Mon. - Thu., 2:30 - 4 p.m. Grades K-3.
RocE6 for Lacrosse Training, All Ages Jan. 6 - Mar. 29, Mon. & Tue., 6 - 8 p.m. Sun., 10 a.m. - 2 p.m.	**Literacy Enrichment Programming** Mon. - Thu., 2:30 - 4 p.m.
Baseball Training, All Ages: Jan. 6 - Mar. 29, Thu. - Fri. 6 - 8 p.m., Sat., 12 - 3 p.m.	**Wellness Hour:** Mon., 6 - 7 p.m.
Adult Open Gym: Mon.-Fri., 8:30 a.m.-9:15 p.m., Sat., 4 - 5:30 p.m.	**The Circle:** Tue., 6 - 7 p.m.
	The Council: Tue., 5:30 - 6:30 p.m.
	Youth Voice One Vision (YVOV): Thu. 6 - 7:30 p.m.

#17 School R-Center • 158 Orchard St. • 428-7247

Mon. - Fri.
3- 7 p.m.
Closed Sat.

Clubs/Groups	Sports	* Enrichment Programs (See descriptions page 6)
STEAM: Mon., 4:30 - 5:30 p.m.	**City Wide Sports:** Mon. - Thur. 4:30 - 6:30 p.m.	**Literacy Enrichment Programming** Mon. - Thu., 3 - 4 p.m., Grades 3-12
Girl's Roc Athletics: Wed., 4:30 - 5:30 p.m. Call: 428-7248	**Youth Basketball:** Fri., 4:30 - 6:30 p.m.	**Wellness Hour:** Mon., 4 - 5 p.m.
	Peewee Soccer (K - 3) Mon., (Dec. 2 - Jan. 27) 5:30 - 6:30 p.m.	**The Circle:** Tue., 5:30 - 6:30 p.m.
		The Council: Tue., 5:30 - 6:30 p.m.
		Youth Voice One Vision (YVOV): Thu. 5 - 6:30 p.m.

On your Block

Avenue D R-Center • 200 Avenue D • 428-7934

Mon. - Fri. 2-30 - 9:30 p.m. Sat. 10 a.m. - 5 p.m.	Classes	Sports	Dance/Fitness	* Enrichment Programs (See descriptions page 6)
	Cooking Class Wed. 6:30 - 7:30 p.m. Learn the basics of cooking. Ages 6-18.	**Adult Open Gym** Mon. & Wed. 7 - 9 p.m.	**Fitness Center** Mon. - Fri. 2:30 - 9 p.m. Sat. 10 a.m. - 5 p.m. Cardiovascular, weightlifting and circuit training. Ages 13+	**Literacy Enrichment Programming** Mon. - Fri., 3:30 - 4:30 p.m.
		Floor Hockey and Basketball Practice/Games Mon. - Thu. 4 - 8:30 p.m.	**Yoga:** Mon. - Thu. 3:15 - 4 p.m. Ages 6 - 18	**Wellness Hour** Mon., 5 - 7 p.m.
				The Circle Tue., 5:30 - 6:30 p.m.
		Basketball Skills and Training Mon. - Thu., 4 - 5 p.m. Develop basic basketball skills. Ages 5+.		**The Council** Tue. 5:30 - 6:30 p.m.
				Youth Voice One Vision (YVOV): Thu., 6 - 7:30 p.m.

Carter St. R-Center • 500 Carter St. • 428-7980

Mon. - Fri. 2:30 - 9:30 p.m. Sat. 10 a.m. - 5 p.m.	Clubs/Groups	Sports	Dance/Fitness	* Enrichment Programs (See descriptions page 6)
	STEAM (Earth Explorer): Tue. & Thu., 5 - 6 p.m. Fun activities using science, technology, principles of math, engineering and art! Grades K-6.	**Open Gym** Mon. - Fri. 4:30 - 6 p.m.	**Hip-Hop Dance Club** Mon. Wed. & Fri. 6 - 8 p.m. Learn the basics of hip-hop dance. Ages 6+	**Roc Kids Read** Mon. - Thu., 2:30 - 5 p.m.
	Senior Horseshoe Club Mon. - Thu. 10 a.m. - 2 p.m.	**Floor Hockey and Basketball** Practice/Games Mon. - Thu. 6 - 7:30 p.m. Ages 6 - 18	**Fitness Boot Camp** Wed. 6 - 7 p.m. Ages 6 - 18	**Literacy Enrichment Programming** Mon. - Thu. , 2:30 - 5 p.m.
		Girls' ROC Athletics East Thu. 6 - 8 p.m. Women Ages 14+		**Wellness Hour** Mon. 4 - 5 p.m. Wed. 5 - 7:30 p.m.
				The Circle Tue., 6 - 7:30 p.m.
				The Council Tue. 6 - 7:30 p.m.
				Youth Voice One Vision (YVOV): Thu. 6 - 7:30 p.m.

Clinton - Baden R-Center • 485 N. Clinton Ave.

Mon. - Fri. 2:30 - 9:30 p.m. Closed Sat.	Clubs/Groups	* Enrichment Programs (See descriptions page 6)
	Play Date: Wed., 10 a.m. - 12 p.m. Adults and their preschool aged youth can take part in a variety of art and literacy activities that help in the development of sensory and motor skills.	**Literacy Enrichment Programming:** Mon. - Thu. , 2:30 - 5 p.m.
		Wellness Hour: Thu., 6 - 7 p.m.
		The Circle: Tue., 5:30 - 6:30 p.m.
		Youth Voice One Vision (YVOV): Thu., 6 - 7:30 p.m.

On your Block

David Gantt R-Center • 700 North St. • 428-7149

Mon. - Fri. 2:30 - 9:30 p.m. Sat. 10 a.m. - 5 p.m.	Clubs/Groups	Sports	* Enrichment Programs (See descriptions page 6)
	Roc the Roc: Calling all budding musicians! Come learn how to create music using rhythm section instruments (piano, bass, and drum-set) 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. **Rhythm Section Instruments and Studio 101 Ages 8+**, Tue. Jan. 14 - Jun. 8 Tue. & Thu. 5 - 6:30 p.m. (limited space available). Two major concerts	**Adult Open Gym** Mon. & Tue. 7 - 9 p.m. **Martial Arts** Mon. - Wed. 6:30 - 8 p.m. **City-Wide Basketball and Floor Hockey** Mon.-Thurs 5 - 7 p.m.	**Roc Kids Read** Mon. - Thu., 2:30 - 4 p.m.
	ROCmusic: Become a musician! Learn to read and create music on the violin, viola, cello or bass with students from all over the city. Classes on Wednesdays in West African drumming, choir, conducting and recording technology. Opportunity to perform in concerts all over the city. Grades: 1 - 12. Mon., Wed, & Fri. 4 - 6 p.m	**Adult Soccer League:** Tues. 6 - 9 p.m.	**Literacy Enrichment Programming** Mon. - Thu., 2:30 - 4 p.m. **The Circle:** Tue., 5 - 6 p.m. **The Council:** Tue., 4 - 5 p.m. **Youth Voice One Vision (YVOV)**: Thu., 6 - 7:30 p.m. **Movie Night:** 1st and 2nd Fridays 6 p.m.

#THE ROC

THREE TRACKS TO CHOOSE FROM:

- DJ/MC PRODUCTION
- MUSICAL INSTRUMENTS
- STUDIO 101

David F. Gantt R-Center:
Tuesdays & Thursdays 5 - 6:30 p.m. • Ages 10 - 18
To register or for more information call (585) 752-4045
email: khadija.yawn@cityofrochester.gov

Adams Street R-Center • 85 Adams St. • 428-7456

Mon. - Fri. 2:30 - 9:30 p.m. Sat. 10 a.m. - 5 p.m.	Clubs/Groups	Sports	Dance/Fitness	* Enrichment Programs (See descriptions page 6)
	Adults Play Date Second Fri., 7 - 9:30 p.m. When was the last time you played? Relive some favorite childhood games with friends and great music!	**Adult Open Gym** Mon. & Tue. 7 - 9 p.m.	**Dance with Adria Delancy** Tue. & Thu. 5:30 - 8:30 p.m. Learn a variety of dances. Ages 8 - 12.	**Roc Kids Read** Mon. - Thu., 2:30 - 4 p.m. **Literacy Enrichment Programming** Mon. - Thu., 2:30 - 4 p.m.
	Martial Arts Tue., 6 -7 p.m.	**City-Wide Basketball, Floor Hockey, and Soccer** Mon. - Fri. 3:30 - 6:30 p.m.	**Step with Ms. Mills** Tue. & Thu. 6:30 - 8:30 p.m. Learn new step routines and participate in area wide competitions. Ages 8+	**Wellness Hour:** Mon. 6 - 7 p.m. **The Circle:** Tue., 6 - 7 p.m.
			Martial Arts with Dr. Kamae Tue. 6:30 - 9 p.m. Sat. 1 - 4 p.m. Learn the importance of discipline and martial arts culture. Ages 6+	**The Council:** Tue., 5 - 6 p.m. **Youth Voice One Vision (YVOV):** Thu., 6 - 7:30 p.m

On your Block

Flint Street R-Center • 271 Flint St. • 428-7001				
Mon. - Fri. **2:30 - 9:30 p.m.** **Sat.** **10 a.m. - 5 p.m.**	**Classes**	**Sports**	**Dance/Fitness**	*** Enrichment Programs** **(See descriptions page 6)**
	Cooking at Flint Wed., 6 -7:30 p.m.	**Adult Open Gym** Mon. & Tue., 7 - 9 p.m.	**Cardio with Tony** Tue., 6 - 8 p.m. Cost $5	**Roc Kids Read** Mon. - Thu., 2:30 - 4 p.m.
		City-Wide Basketball and Floor Hockey Mon. - Fri. 4 - 6 p.m.	**Zumba with Jackie** Sat., 10 - 11 a.m. Cost $5	**Literacy Enrichment Programming** Mon. - Thu. , 2:30 - 4 p.m.
				Wellness Hour: Mon. 6 - 7 p.m.
			Line Dancing with Roc Line Dancing Sat., 11 a.m. - 12:30 p.m. Cost $5	**The Circle:** Tue., 6 - 7:30 p.m.
				The Council: Tue., 5 - 6 p.m.
				Youth Voice One Vision (YVOV) Thu. 6 - 7:30 p.m.

JOIN THE R-CENTER SRAE

YOUTH CLUB

AGES 11-13

SRAE CLUB IS:

FOOD • FIELD TRIPS • FUN

ENGAGING ACTIVITIES • NUTRITION EDUCATION

SRAE CLUB WILL HELP YOUTH:

- Develop healthy life skills and avoid risky behavior
- Learn the skills to set goals with the help of mentors
- Understand self-esteem and a sense of purpose

WHEN WE MEET:

Once a week at various R-Centers

WANT TO JOIN?

Fill out the SRAE application to get started today!

Learn more:

Call (585) 428-1291

Or email:

atashia.walker@cityofrochester.gov

Roxie Ann Sinkler R-Center • 75 Grover St. • 428-7827

Mon. - Thu.
4:30 - 8:30 p.m.

Fri.
4:30 - 10:30 p.m.

Closed Sat.

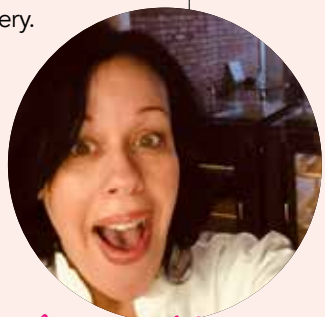
Clubs/Groups	Sports	Dance/Fitness	* Enrichment Programs (See descriptions page 6)
Earth Explorers Fri., 4:30 - 5:30 p.m.	**U13 Open Ball** Mon. -Thu., 4:30 - 6 p.m.	**Hip Hop Dancing** Fri., 6:30 - 7:30 p.m.	**Literacy Enrichment Programming** Mon. - Thu., 2:30 - 4 p.m.
			Wellness Hour: Mon., 6 p.m. - 7 p.m.
Lego Club: Tue, Thur, and Fri. 5-6 p.m.	**Sr. Basketball League** Fri., 8 - 10:15 p.m.		**The Circle:** Tue., 5:30 - 6:30 p.m.
			The Council: Tue., 6:30 - 7:30 p.m.
			Youth Voice One Vision (YVOV): Thu., 6 - 7:30 p.m.

Humboldt R-Center • 1045 Humboldt St. • 428-7294

Mon. - Fri.
12 - 7 p.m.

Closed Sat.

Clubs/Groups	Classes	Sports	* Enrichment Programs (See descriptions page 6)
Family Talk Lunch & Learn 1st Fridays of every month, 12 - 1 p.m. DRYS welcomes parents/guardians on their lunch break to develop skills for talking with their youth about making healthy decisions related to nutrition, drugs and alcohol, and sexual activity. Light refreshments provided. Please schedule 1 month in advance and registration is required. For more information email RISE@cityofrochester.gov	**Baking with Amor** Mon. Jan. 13 - Feb. 24 (no class Jan. 20 or Feb 17). 2:30 - 4:30 p.m. Children ages eight (8) and older are invited to join award-winning pastry chef, Elizabeth Rodriguez, at her critically acclaimed Tu Amor Cakery.	**City Wide Sports Basketball & Floor Hockey** Mon. - Thu. 4 - 6 p.m.	**Wellness Hour** Mon., 6 p.m. - 7 p.m.
			The Circle: Tue., 5:30 - 6:30 p.m.
			The Council: Tue., 5:30 - 6:30 p.m.
PlayDate: Tue., 1 - 2 p.m.			**Youth Voice One Vision (YVOV)**: Thu., 6 - 7:30 p.m.
Market Day Thu., 9:30 - 11:30 a.m. Join active adults for a trip to the Public Market. Call to reserve your spot the day before. (Van leaves at 9 a.m.)			



Chef Elizabeth Rodriguez

On your Block

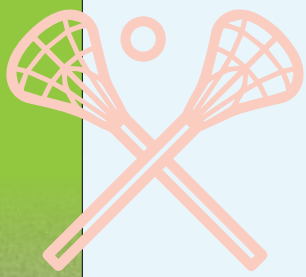
Frederick Douglass R-Center • 999 South Ave. • 428-6015

Mon. - Fri. 2:30 - 9:30 p.m. Sat. 10 a.m. - 5 p.m.	Sports	Dance/Fitness	Classes	* Enrichment Programs (See descriptions page 6)
	Adult Open Gym Mon. & Tue., 7 - 9 p.m.	**Dizzy Dancers** Sat., 1 - 2 p.m. (ages 2 - 4) 2:30 - 3:30 p.m. (ages 5 - 10) Introduction to dance	**Baking with Amor** Mon. Apr. 20 - Jun.1 (no class May 4 or 25), 2:30 - 4:30 p.m. Children ages eight (8) and older are invited to join award-winning pastry chef, Elizabeth Rodriguez at her critically acclaimed Tu Amor Cakery.	**Roc Kids Read** Mon. - Thu., 2:30 - 4 p.m.
				Literacy Enrichment Programming Mon. - Thu. , 2:30 - 4 p.m.
	U12 City-wide Basketball Wed., 4:30 - 5:30 p.m.	**Youth Fitness** Mon., 2 - 3 p.m. Ages 5+	**ROCmusic:** Mon., Wed, & Fri., 3 - 4:30 p.m.	**Wellness Hour:** Mon. 6 - 7 p.m.
				The Circle: Tue., 6 - 7:30 p.m.
	U15 City-wide Basketball Thu., 4:30 - 5:30 p.m.	**Dance and Zumba** Fri., 4 - 5 p.m. Ages 8+		**The Council:** Tue. 5:30 - 6:30 p.m.
	Girls Roc Sports Wed., 2 - 3 p.m.	**Fitness Center** Mon. - Fri. 2 - 9:15 p.m.		**Youth Voice One Vision (YVOV)**: Thu. 6 - 7:30 p.m.

Thomas P. Ryan R-Center • 530 Webster Ave. • 428-7828

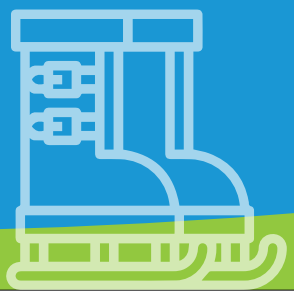
Mon. - Fri.
2:30 - 9:30 p.m.

Sat.
10 a.m. - 5 p.m.

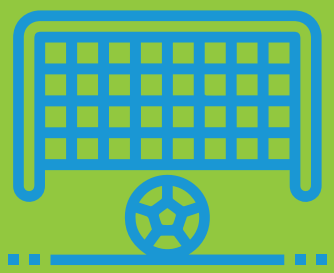


Sports	Classes	* Enrichment Programs (See descriptions page 6)
Adult Open Gym: Mon. & Tue., 7 - 9 p.m.	**Baking with Amor:** Mar. 2 - 30, Call the R-Center for more information	**Roc Kids Read** Mon. - Thu., 2:30 - 4 p.m.
CCWA Youth Wrestling program: Mon. & Wed. starts in December, 6 - 8 p.m. Certified wrestling coaches will teach youth the basics of high school-style wrestling. There will be opportunity for youth to compete against other wrestling programs throughout the season.		**Literacy Enrichment Programming** Mon. - Thu., 2:30 - 4 p.m.
ROC Sports Adult Basketball League: Tue. & Thu. Starts in January, 6 - 9 p.m., run by ROC sports.		**Wellness Hour:** Mon. 6 - 7 p.m.
Roc E6 Lacrosse clinics: Sun. Starts in January, 11 a.m. - 1 p.m. Learn and practice Lacrosse. Boys and girls up to grade 6		**The Circle:** Tue., 5:30 - 6:30 p.m.
Wrestling Club: Mon. & Wed., 6 - 8 p.m. Call 428-7721, Mike Georgetti		**The Council:** Tue. 5:30 - 6:30 p.m.
RocHoops: Men's Adult Basketball League, Tue. & Thu. 6 p.m. 455-7827, Pat Nothnagle		**Youth Voice One Vision (YVOV)**: Thu. 6 - 7:30 p.m.
Community Wide Basketball League: Feb. 29 - Apr. 25, 10:30 am - 2 pm. Call 428-7592, Don Corey		

Athletics



Program	Dates	Location	Contact
Rochester City Soccer League for Boys and Girls: Co-Ed Indoor soccer ages U7, U10, U13, U16, U19	Indoor Futsal Games begin Jan. 6, 2020	Various R-Centers	305-1136, Nicole Hercules nicole@rochestercitysoccer-league.com 428-7592, Don Corey coreyd@cityofrochester.gov
Cobbs Hill Fitness Court: Comprehensive outdoor circuit training system supports 28 simultaneous users on 30 separate pieces of equipment.	Every day between Apr. 15 - Nov. 15 Purchase permit for exclusive use.	Cobbs Hill Park, near Field #1 and Basketball court	428-6755 Leslie Green leslie.green@cityofrochester.gov
Outdoor Ice Skating: This downtown outdoor rink is home to the popular Roc Holiday Village and other events.	Nov. 23 - Mar. 15, 2020 Opens at noon.	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
Ice Sled Hockey: Families & friends play hockey with people of all abilities on Ice Sleds. Gear provided. Co-Sponsored w/ Rochester Accessible Adventures.	Dec. 7 - Jan. 11, February 15 & Mar. 7 Sat. 12 - 1:30 p.m.	Genesee Valley Park Ice Arena at Genesee Valley Sports Complex.	428-7888, Mike Corey coreym@cityofrochester.gov
Community-wide Indoor Youth Floor Hockey League: For youth U15 with support from the Rochester Amerks. Learn the game and hone your skills.	Dec. 3 - Feb. 6 Register at your local R-Center. Games 5:30, 6:30 & 7:30 p.m.	Tues. Frederick Douglass Weds. & Thurs., Carter St.	428-7592, Don Corey, coreyd@cityofrochester.gov
RocHoops: Men's Adult Basketball League. $75 for free agents, $600 per team	Tue. & Thu. Jan. 14 - Mar. 26, 6 p.m.	Ryan R-Center	455-7827, Pat Nothnagle rocsportsny@yahoo.com



Program	Dates	Location	Contact
Community-wide Basketball League: Three age divisions are available for girls & boys: Pee Wee (6-7 yrs), Juniors (9-10 yrs), Seniors (10-12 yrs). Proof of age required. Player evaluations and draft will be held in February. Fee per person is $30.00.	Saturdays, Feb. 29 - Apr. 25 (8 weeks) 10:30 a.m. - 2 p.m. *Registrations dates: Jan. 4, 11, 18 and 25, 2020 11 a.m. - 1 p.m.	Ryan R-Center	428-7592, Don Corey coreyd@cityofrochester.gov
Rochester Razorsharks: New home of Rochester's professional Premier Basketball League (PBL). Since 2005, Coach Troy Jackson Jr. and the Razorsharks have played in 8 championships. See professional talent and exciting affordable entertainment!	Season opener: Dec. 31 Home Games: Jan. 4, Feb. 8, and 15, Mar. 7, 13, 14, 21 and 28, no games on 2/29, 4/4, and 4/11 Exhibition Game at Ryan on Dec.14 and Feb 17	Genesee Valley Sports Complex	428-7888, Mike Corey coreym@cityofrochester.gov
City-Wide Competitive Basketball League: Enhance and develop basketball skills with coaches certified in "How to Coach Kids Right" through the Aspen Institute Project Play initiative. Registration required. Free of charge. Girls & boys ages: 10 - 12 and 13 - 15.	U12: Mon. & Weds. U15: Tue. & Thurs. Game times: 6 and 7 p.m. League Begins March 2, ends May 7, 2020.	Various R-Centers	428-7592, Don Corey coreyd@cityofrochester.gov
Girls Roc Athletics: A sports-focus on fundamentals & development skills program designed exclusively for girls between the ages of 8 - 14.	Eight week blocks of Soccer, Volleyball, Basketball and Softball Begins 5:30 p.m. on Jan. 8	#17 School	428-7248, Rocky Glessing Rocky.Glessing@cityof-rochester.gov
Wrestling Club: Teaches youth ages 8-14 the relationship between effort and achievement as a team and individuals. The City and City-Catholic Wrestling Association are offering this exciting opportunity for the 7th year.	Practices beginning 12/2: Mon. & Weds., 6 - 8 p.m.	Ryan R-Center	428-7721 Mike Georgetti Mike.Georgetti@cityofrochester.gov 733-9693, Leo Rhodes lhrhodesjr@hotmail.com

Aquatics

Program	Dates	Location	Contact
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.	Sep. 9 - Jun. 13, 2020 9 a.m. Start time Sessions are six weeks long and are 30 minute classes.	Adams St. R-Center	428-7456, Brittany Bowman bbowman@cityofrochester.gov 428-6908, Kevin Porter porterk@cityofrochester.gov
Lifeguard Prep Class: Build your skills for the lifeguarding class held in March or May 2020.	Jan. 4 - Feb. 8 Feb. 29 - April 4 Tue. & Thu., Feb. 4 - Feb. 27	Adams St. R-Center	428-7456, Brittany Bowman bbowman@cityofrochester.gov
Lifeguard Training Program: Red Cross certified lifeguard training. Two options; one eight week session or one week long course where a base level of skills will be needed to complete successfully.	Session 1: 3/3 - 4/30 Tue. & Thu. 6:30 - 9:30 p.m. Session 2: 5/4 - 5/9	Adams St. R-Center	428-7456, Brittany Bowman bbowman@cityofrochester.gov Cost City Students: Free Non-City Students: $75 Adults $125
Lifeguard Red Cross Recertification Course: CPR Recertification $25 Lifeguard & CPR Recertification $75	Mon. - Fri. 5:30 - 9:30 Sat. 10 a.m. - 3 p.m. Tue. - Thu. 5/12-5/14 6:30 - 9:30 p.m. 5/19-5/21 6:30 - 9:30 p.m.	Adams St. R-Center	428-7456, Brittany Bowman bbowman@cityofrochester.gov 428-6908, Kevin Porter porterk@cityofrochester.gov
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.	Mon. - Fri., 12/1 - 6/12 4:30 - 6 p.m. & 8 - 9 p.m. Sat. 12 - 3 p.m.	Adams St. R-Center	428-7456, Brittany Bowman bbowman@cityofrochester.gov
Rochester Rapids Swim Team: A competitive swim team ages 6-21. This fun, family-oriented club is committed to building and supporting strong swimmers with strong character. Levels vary from beginners to top level.	Mon. - Fri. 6 - 8 pm. Fri. 4:30 - 6 p.m. beginning September 9.	Adams St. R-Center	857-5356 Dan Delehanty, President rrst.register@gmail.com
Learn to Swim Classes: American Red Cross Swim Levels 1-6.	Fri. 6 - 8 p.m., Sat. 10 am - Noon Winter Session Jan. 3 - Feb. 15 Spring Session Feb. 28 - Apr. 4	Adams St. R-Center Baden St. R-Center	428-7456, Brittany Bowman bbowman@cityofrochester.gov 428-6908, Kevin Porter porterk@cityofrochester.gov

Believe.

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

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? And did you know that this iconic Rochester institution is open year-round? And that it also offers almost 50 days each year with free-admission special events such as Community Garage Sales, Food Truck Rodeos, Flower City Days, Bands on the Bricks, Halloween at the Market and Holidays at the Market? The Market is commerce and community year round—make it part of your Rochester routine! For more information, go to www.cityofrochester.gov/publicmarket

The Public Market offers a huge volume and wide variety of produce and other foods and general merchandise from the most local to the most international. In many ways, it is an "old world" market experience complete with musicians and other street performers, community organization exhibits and tables, free nutrition and cooking demonstrations, samplings, and much more to enhance your Market experience.

Variety and Value: Use SNAP Benefits at the Market

The Market Token Program is the nation's best farmers' market program for SNAP (Supplemental Nutrition or "food stamp") benefit recipients. It allows SNAP recipients to easily get a lot of fresh, healthy, affordable foods with their benefits! SNAP recipients simply visit the Market Token Center with their electronic benefits card and receive wooden tokens that function as cash with dozens of Market vendors. The Market Token Center is the white "boxcar"like structure right behind the Market Office (the two story brick house at the center of the grounds); its hours are Tuesdays and Thursdays 8 a.m.-1 p.m., and Saturdays 6:30 a.m.-3 p.m. The Market Token Program is run by the Friends of the Rochester Public Market, the Market's non-profit partner organization. Wondering if you might qualify for SNAP? You can learn if you are eligible by calling Legal Assistance of Western New York, 585-295-5624.

For more information: www.cityofrochester.gov/markettokenprogram.

Getting to the Market

If you're driving, the best access point to the Market is from the Scio Street entrance, which opens into the largest Market surface parking lot. A handy pedestrian/trolley bridge over North Union Street is available from this lot, built on a retired railroad spur. The tractor-pulled, open-air Market Trolley also ferries customers from the Market to the distant parking areas and bus stop locations on Thursdays and Saturdays from May through October. The Market offers a year-round Bike Incentive/Reward Program for those who use bicycles as transport to the Market; there are also two Pace bike share stations right at the Market!

Regional Transit Service (RTS) bus stops serve the Market, they are just a few hundred feet north of the 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

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

learn more about qualifying products and the vendor process, call 585-428-6907 Tuesday through Friday mornings, or go to www.cityofrochester.gov/marketvendors.

Free-Admission Market Special Events

The Market mixes it up all year long with free-admission special events that supplement and complement regular Market shopping days! The special events lineup for the remainder of the year is listed here; you can always check www.cityofrochester.gov/marketevents for the full slate.

Holidays at the Market

A Rochester holiday tradition for over 25 years, Holidays at the Market features dozens of holiday-focused vendors (trees, decorations, holiday foods and crafts, gifts and more), free horse-drawn carriage rides with Santa, cookie decorating and more!

New this year, holiday cooking demos from around the world and specialty vendors featuring crafts and items from our newest Americans and a special evening market Thursday, December 19, 5 - 9 p.m., in collaboration with the Market District Business Association and Roc Holiday Village. (Shuttles to run between the two venues all evening) Specials at all Market District restaurants and shops, horse-drawn wagon rides around the District and more.

Sundays: December 1, December 8, December 15, 2019 - 8 a.m. - 2 p.m. and Thursday, December 19, 5 - 9 p.m.

(Carriage rides and Santa, Sundays 10 a.m. to 2 p.m. only)

www.cityofrochester.gov/holidaysatmarket

Community Garage Sales and Super Fleas

An amazing array of collectibles, curios and more! Cafes and coffee shops open on the Market and in the surrounding Market District too. Free admission.

Sundays, 8 a.m. - 2 p.m. Spring dates: Sundays, April 26, May 3, June 14, June 21 and June 28. www.cityofrochester.gov/garagesales

FOOD TRUCK RODEOS

Rodeos bring our community's creative mobile cuisine to the Market. Local brew and bands add to the flavor and fun. Over 30 trucks each event. Free admission--bring your own folding chairs and tables!

Spring dates: Wednesdays, April 29; May 27; June 24. 5 - 9 p.m. www.cityofrochester.gov/foodtruckrodeo

FLOWER CITY DAYS

The sights and smells of spring flood the Market, with dozens and dozens of horticultural vendors on hand, along with prepared food and drink vendors! 2020 dates: Sundays May 10, 17, 24, 31 and June 7.

Extra Memorial Day Weekend dates: Friday, May 22; Monday, May 25. All sales 8 a.m. to 2 p.m. www.cityofrochester.gov/flowercitydays

Are You Interested in being a Market Vendor?

Call 585-428-6907 Tuesday through Friday mornings, or go to www.cityofrochester.gov/marketvendors. Qualifying city-based businesses can get their first vending day at the Market free through the new City Entrepreneurs at the Market program. Go to www.cityofrochester.gov/CEAM for more information.

Would you like to help out and get involved?

Learn about joining the Public Market Friends! at www.marketfriends.org or call 585-428-7292.

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 more! Every Friday, Saturday & Sunday In December 2019!

SPECIAL THURSDAY! December 19, 5 - 9 p.m., Double the fun and experience both! Shuttle to and from the Rochester Public Market and Roc Holiday Village all night long!

r centers
Rochester Community Centers

After School in the Park Program

September 4, 2019 - June 26, 2020
Call 585-428-9777 for information

Believe.

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

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

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