



SUMMER  
2023

# R GUIDE



Choose Your  
Adventure!

Photo by Arleen Thaler



Malik D. Evans, Mayor



City of Rochester, NY  
Rochester City Council



### Programming Fee Change for Non-City Residents:

The Sports Complex All Access Pass membership provides unlimited drop-in use for the programs and fitness rooms at the Rochester Community Sports Complex. Beginning July 1, there will be a change to the fee structure for the Sports Complex All Access Pass membership. The membership will remain free for all City of Rochester residents. Non-resident adults (18+) will be charged \$40/year and children (up to age 17) will be charged \$10/year.

Additionally, select recreation, youth services, athletics, and aquatics programs will begin charging non-city residents \$5 per program beginning July 1.

Department of Recreation and Human Services

Dr. Shirley JA Green  
Commissioner

### Contact Us

57 St. Paul St. • Rochester, NY  
Phone: (585) 428-6755  
9 a.m. to 5 p.m., weekdays

**Adams:** 85 Adams St. • 428-7266  
M-F, 8:30 a.m. – 7:30 p.m., Sat. 9:30 a.m. – 4:30 p.m.



**Ave. D:** 200 Ave. D • 428-7934  
M-F, 8:30 a.m. – 7:30 p.m., Closed Sat.



**Carter:** 500 Carter St. • 428-7890  
M-F, 8:30 a.m. – 7:30 p.m., Closed Sat.



**Tyshaun Cauldwell:** 524 Campbell St. • 428-7860  
M-F, 8:30 a.m. – 7:30 p.m., Closed Sat.



**Frederick Douglass:** 999 South Ave. • 428-6015  
M-F, 8:30 a.m. – 7:30 p.m., Closed Sat.



**Edgerton:** 41 Backus St. • 428-6769  
M-F, 8:30 a.m. – 7:30 p.m., Closed Sat.



**David F. Gantt:** 700 North St. • 428-7149  
M-F, 8:30 a.m. – 7:30 p.m., Sat. 9:30 a.m. – 4:30 p.m.



**Trenton & Pamela Jackson:** 485 N. Clinton Ave. • 428-7476  
M-F, 8:30 a.m. – 7:30 p.m., Sat. 9:30 a.m. – 4:30 p.m.



**Willie W. Lightfoot:** 271 Flint St. • 428-7001  
M-F, 8:30 a.m. – 7:30 p.m., Sat. 9:30 a.m. – 4:30 p.m.



**Thomas P. Ryan:** 530 Webster Ave. • 428-7828  
M-F, 8:30 a.m. – 7:30 p.m., Sat. 9:30 a.m.–4:30 p.m.



**Roxie Sinkler:** 75 Grover Street • 428-7827  
M-F, 8:30 a.m. – 7:30 p.m., Closed Sat.



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### Every summer tells a story.

This summer, we invite you and your family to try a new sport, create a masterpiece and meet new friends from across the city. No matter the interest, kids and families can keep their summer fun and engaging by taking advantage of everything we have to offer. Create your best summer story with us.

## IMPORTANT DATES

**June 26-30:** Rec Staff Training Week  
(R-Centers closed)

**July 4:** Independence Day (Administration office and R-Centers closed)

**July 5:** Summer R-Camps begin

**July 8:** Play in Nature event

**August 25:** Camps summer meals and R-Center summer programs end

**August 29- Sept. 9:** Rec Staff Training Week (R-Centers closed)

**September 4:** Labor Day (R-Centers closed)

**September 11:** R-Center re-opens

**Adams Street R- Center**

85 Adams St. | 428-7266

**Youth Nature Activities**

**Earth Explorers:** A nature-based program that immerses youth in the amazing natural world around them. Centered on the Children's Outdoor Bill of Rights, activities include: Learn to Paddle sessions with Genesee Waterways Center, nature hikes, science discovery, and more! Earth Explorers also grow and harvest food at R-Center gardens. Email [amanda.little@cityofrochester.gov](mailto:amanda.little@cityofrochester.gov) for more information. Ages 6-12. **Tue., 1 – 2 p.m.**

**Education/Enrichment Programs**

**Reading under the Tree:** Come join the staff as we go and read a book under the tree. Ages 6-10. **Tue. - Fri., 11 a.m. – 12 p.m.**

**R-Trivia:** Do you have some trivia skills or just have a really good memory for facts? Come play R-Trivial! Ages 6-15. **Wed., 11 a.m. – 12 p.m.**

**Crafts & Things:** Enjoy traditional arts & crafts activities with a special theme each week. Ages 6-15. **Thu., 1 – 2 p.m.**

**SummerLEAP:** R-Centers are partnering with the Greater Rochester Summer Learning Association to provide the SummerLEAP (Learning Enrichment to Achieve Potential) program. This 6-week program balances academics, physical activity and enrichment to prevent summer learning loss and build academic, social, and emotional confidence. Ages 5-6 (For rising kindergarteners). **Jul. 5 - Aug., 11 | 8 a.m. – 2:30 p.m.**

**Youth Development Programs**

**Home Economics at the Rec:** Learn the skills needed for everyday life including cooking, budgeting, sewing, grocery shopping, and more! Ages 10-15. **Mon., 11 a.m. – 12 p.m.**

**Video Game Challenge:** Come challenge your friends to some video game fun! Ages 10-15. **Wed., 1 – 1 p.m.**

**Field Games Fun:** Come have some fun in the sun and play some of the newest and oldest field games. Ages 10-15. **Tue., 3 – 4 p.m.**

**Fishing:** Fishing at different ponds, fishing holes throughout the city, and surrounding areas. Ages 10-15. **Tue. – time will vary.**

**Youth Sports & Fitness Programs**

**Double Dutch for Beginners:** Come join us to learn the popular jump roping game, double dutch. Ages 6-15. **Mon., 10 – 11 a.m.**

**Retro Group Games:** We'll be playing all the classic group games from yesterday and today, including: What Time is it Mr. Fox, Capture the Flag, matball and kickball. Ages 6-15. **Thu., 10 – 11 a.m.**

**R-Play Days**

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served. Ages 6-17.

**Mon. - Fri., 8:30 a.m. – 5:30 p.m.**

**Avenue D R-Center**

200 Ave D. | 428-7934

**Youth Development Programs**

**Young People Advancing Forward:** Groups dedicated to empowering young people through programming that promotes healthy relationships, cultivates leadership, and supports young people to achieve their full potential through social emotional learning and supports. Activities include weekly meetings, service learning, field trips, city-wide gatherings and so much more.

Ages 10-17. **Wed., 3 – 4 p.m. Girls**  
**Thu., 3 – 4 p.m. Boys**

**YVOV:** Youth Voice, One Vision is a group of young people who represent the voice and issues of the youth in Rochester as the Mayor's Youth Advisory Council, working together to better our community. Ages 10-17. **Mon., 3 – 4 p.m.**

**Baking Class:** Kids will learn how to bake using simple recipes! Ages 6-17. **Mon. & Wed., 1 – 2 p.m.**

**Home Economics at the Rec:** Learn the skills needed for everyday life including cooking, budgeting, sewing, grocery shopping and more! Ages 6-17. **Tue., 3 – 4 p.m.**

### Youth Sports & Fitness Programs

**Retro Group Games:** We'll be playing all the classic group games from yesterday and today, including: What Time is it Mr. Fox, Capture the Flag, matball and kickball. Ages 6-17. **Mon. - Fri., 10 – 11 a.m.**

**In-House Basketball League:** Basketball skills and competitive league play. Ages 14-17. **Mon. - Wed., 4 – 5:30 p.m.**

**Flag Football League:** Sharpen your skills with basic and intermediate flag football drills and competitive play. Ages 10-17. **Tue. & Thu., 1 – 2 p.m.**

**Ultimate Frisbee:** Discover the team sport of ultimate frisbee with some fun and friendly competition. Ages 10-17. **Wed., 4 – 5:30 p.m.**

**Kickball:** Join us for some good ol' fashioned kickball. Ages 10-17. **Fri., 3:45 – 5 p.m.**

**Volleyball:** Join us for fun and competitive open volleyball. Ages 10-17. **Thu., 1 – 2 p.m.**

**Outdoor Group Games:** Enjoy a multitude of weekly group games such as dodgeball, matball, kickball, capture the flag and more. Ages 6-17. **Fri., 11 a.m. – 12 p.m.**

**SPUD!:** Spud is a play on dodgeball where players try to eliminate each other by catching and throwing an inflated ball. Ages 6-13. **Fri., 3 – 4 p.m.**



### Theatre, Visual, Fine Arts and More

**Hip-Hop/Freestyle Dance:** Feel your movements and develop your own style in this hip-hop/freestyle dance session. Ages 6-15. **Fri., 3 – 4 p.m.**

**Crafts & Things:** Enjoy traditional arts & crafts activities with a special theme each week. Ages 6-13. **Mon. - Fri., 10 – 11 a.m.**

### Education/Enrichment Program

**Computer Lab/Flocabulary:** Enhance reading and communication skills with the help of a fun and interactive computer comprehension program. Ages 6-17. **Mon. - Thu., 11 a.m. – 12 p.m.**

### R-Play Days

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served. Ages 6-17. **Mon. - Fri., 8:30 a.m. – 5:30 p.m.**

**Carter Street R-Center**  
500 Carter St. | 428-7890

### Youth Development Programs

**Young People Advancing Forward Passport Club:** Interested in international travel? Come on a trip around the world and be immersed in the beauty of different countries while we learn, explore, and experience their music, play, food, and more. Let us bring the summer vacation to you. Ages 6+. **Thu., 1 – 2:30 p.m.**

**Home Economics at the Rec:** Learn the skills needed for everyday life including cooking, budgeting, sewing, grocery shopping, and more! Ages 6-17. **Tue., 3 – 4 p.m.**

### Education/Enrichment Programs

**Reading under the Tree:** Come join the staff as we go and read a book under the tree. Ages 6-10. **Tue., 11 a.m. – 12 p.m.**

**Sensory Activities:** Discover sensory stations and activities. Ages 6-12. **Wed., 9 – 10 a.m.**

**Crafts & Things:** Are you artistic or enjoy doing small crafts? Come join us for a simple arts and craft project each week. Ages 6-15. **Tue., 1 – 2 p.m. & Thu., 10 – 11 a.m.**

**Youth Sports Programs**

**Hiking with Joe:** Enjoy hiking in parks in the local area. Ages 10-15.

Contact the R-Center for schedule.

**Double Dutch for Beginners:** Come join us to learn the popular jump roping game, double dutch.

Ages 6-15. **Mon., 10 – 11 a.m.**

**3-on-3 Basketball League:** A fun and developmental league.

Ages 15 & under. **Tue. & Wed., 2 – 3 p.m.**

**Slip-n-Slide Water Fun:** Come cool off from the summer sun and go down the Carter St. hill on our giant slip-n-slide. All ages. **Wed., 3 – 4 p.m.**

**Adult Sports Program**

**Adult Open Volleyball:** This is open volleyball play with pickup games. Ages 16+. **Fri., 5:30 – 7:15 p.m.**

**R-Play Days**

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served.

Ages 6-17. **Mon. - Fri., 8:30 a.m. – 5:30 p.m.**

**Tyshaun Cauldwell R-Center**

524 Campbell St. | 428-7860

**Youth Development Program**

**Young People Advancing Forward:** Groups dedicated to empowering young people through programming that promotes healthy relationships, cultivates leadership, and supports young people to achieve their full potential through social emotional learning and supports. Activities include weekly meetings, service learning, field trips, city-wide gatherings and so much more.

Ages 10-17. **Thu., 3 – 4 p.m. Girls & Boys**

**Youth Sports Program**

**Retro Group Games:** We'll be playing all the classic group games from yesterday and today, including: What Time is it Mr. Fox, Capture the Flag, matball and kickball. Ages 6-17. **Mon. – Fri., 10 – 11:15 a.m.**

**Theatre, Visual, Fine Arts and More**

**Crafts & Things:** Enjoy traditional arts & crafts activities with a special theme each week.

Ages 13-16. **Mon. - Fri., 10 – 11:15 a.m.**

**Wii Dance Fit:** Dance and fitness games using Nintendo Wii! Ages 8-12. **Thu., 1 – 2 p.m.**

**R-Play Days**

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served.

Ages 6-17. **Mon. - Fri., 8:30 a.m. – 5:30 p.m.**

**Frederick Douglass R-Center**

999 South Ave. | 428-6015

**Youth Development Programs**

**Lego Lab:** Meet us in the Lego Lab for different engineering challenges, followed by free building whatever your heart desires.

Ages 8-12. **Mon., 1 – 2 p.m.**

**Current Events:** Stay current with the news around the world on a weekly basis.

Ages 8+. **Thu., 11 a.m. – 12 p.m.**

**Slime Time:** Do you love ooey-gooney slime? How about magnetic slime? Color changing slime? We will discuss the states of matter, non-Newtonian fluids and hydrodynamics as we create some incredible and awesome different types of slime.

Ages 10-14. **Tue., 2 – 3 p.m.**

**Café London:** Come create and taste different baked sweets with Miss London.

Ages 6+. **Wed., 3 – 4 p.m.**

**Theatre, Visual, Fine Arts and More**

**Crafts & Things:** Enjoy traditional arts & crafts activities with a special theme each week.

Ages 6+. **Mon., 3 – 4 p.m.**



## Youth Sports & Fitness Programs

**Indoor Girls Softball Clinics:** In this baseball program, participants will learn the proper fundamentals of hitting, pitching and coaching by using motion-based training and positive reinforcement, while instilling the values of respect, teamwork goal setting, sportsmanship, volunteerism and skill development.  
Girls ages 14-18. **Sat., 3 - 5 p.m.**

**Indoor Boys Baseball Clinics:** Work on the six phases of fielding and throwing a ground ball, preparation, approach, catch, push, throw and follow. Designed for the beginner to intermediate player and will incorporate essential life lessons such as teamwork and sportsmanship.  
Boys ages 14-18. **Sat., 12:30 – 2:30 p.m.**

**Girls Volleyball Clinics:** Learn all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship.  
Girls ages 12-18. **Sat., 10 a.m. – 12 p.m.**

**Outdoor Girls Softball:** Work on the six phases of fielding and throwing a ground ball, preparation, approach, catch, push, throw and follow. This program is designed for the beginner to intermediate player and will incorporate essential life lessons such as teamwork and sportsmanship.  
Girls ages 14-18. **Tue. & Thu., 4 – 5 p.m.**

**Youth Baseball Clinic:** Work on the six phases of fielding and throwing a ground ball, preparation, approach, catch, push, throw and follow. This program is designed for the beginner to intermediate player and will incorporate essential life lessons such as teamwork and sportsmanship.  
Ages 8-12. **Mon., 3 – 5 p.m.**

**Football Skills Training:** Come learn the skills behind the sport of football in a fun and engaging environment. Ages 8+. **Mon., 1 – 2 p.m.**

**Step:** Learn the art of Step dance with Miss. Chantel. Ages 6+. **Wed. & Fri., 2 – 3 p.m.**

## Youth Health, Fitness & Nutrition

**Morning Fitness with CG:** Energized for the day with a morning workout.  
Ages 6+. **Mon. - Fri., 9:30 – 10:20 am.**

**Mindfulness:** Create your Zen with some mindfulness and relaxation techniques.  
Ages 8+. **Mon., 10:20 – 11:10 a.m.**

## Youth Nature Activities

**Gardening:** Don't have a green thumb? No worries. Come join us for some gardening fun and become a beginner gardener. Ages 6+. **Mon., 4 – 5 p.m.**

**Hike Rochester:** Do you like nature? Do you enjoy being outdoors and exploring new parks? In the Hike Rochester club, we will research different trails in the Rochester area and then set out on field trips to explore and decide which trail is the best.  
Ages 8-12. **Mon., 10:20 – 11:10 a.m.**

## Adult Sports & Fitness Programs

**Walking Club:** Come enjoy a workout and great vibes. Ages 17+. **Mon., 6 – 7: 15 p.m.**

**Adult Open Volleyball:** Participants will have the opportunity to play volleyball in a safe and fun environment. Ages 18+. **Fri., 6 – 8:45 p.m.**

**Adult Open Basketball:** Come out to play a game of basketball with friends.  
Ages 17+. **Tue. & Thu., 5:30 – 7:15 p.m.**

## R-Play Days

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served.  
Ages 6-17. **Mon. - Fri., 8:30 a.m. – 5:30 p.m.**



**Edgerton R-Center**

41 Backus St. | 428-6769

**Youth Nature Program**

**Earth Explorers:** A nature-based program that immerses youth in the amazing natural world around them. Centered on the Children's Outdoor Bill of Rights, activities include: Learn to Paddle sessions with Genesee Waterways Center, nature hikes, science discovery, and more! Earth Explorers also grow and harvest food at R-Center gardens. Email [amanda.little@cityofrochester.gov](mailto:amanda.little@cityofrochester.gov) for more information. Ages 6-12. **Thu. 1 – 2 p.m.**

**Youth Development Program**

**Young People Advancing Forward:** Groups dedicated to empowering young people through programming that promotes healthy relationships, cultivates leadership, and supports young people to achieve their full potential through social emotional learning and supports. Activities include weekly meetings, service learning, field trips, city-wide gatherings and so much more. Ages 10-17. **Wed., 3 – 4 p.m. Girls/Boys**

**Theatre, Visual, Fine Arts and More**

**Crafts & Things:** Enjoy traditional arts & crafts activities with a special theme each week. Ages 6-13. **Mon. - Fri., 10 – 11 a.m.**

**Kilnin' It:** Join us for a ceramics class with vases, mugs, plates or frames. Relax or socialize as you paint. You paint it, we bake it! Ages 8-12, **Tue., 3 – 4 p.m.**  
Ages 18+, **Thu. 4 – 5:30 p.m.**

**Youth Sports Program**

**Retro Group Games:** We'll be playing all the classic group games from yesterday and today, including: What Time is it Mr. Fox, Capture the Flag, SPUD, matball and kickball. Ages 6-17. **Mon. - Fri., 10 – 11:15 a.m.**

**R-Play Days**

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served. Ages 6-17. **Mon. - Fri., 8:30 a.m. – 5:30 p.m.**

**David F. Gantt R-Center**

700 North St. | 428-7149

**Youth Nature Program**

**Earth Explorers:** A nature-based program that immerses youth in the amazing natural world around them. Centered on the Children's Outdoor Bill of Rights, activities include: Learn to Paddle sessions with Genesee Waterways Center, nature hikes, science discovery, and more! Earth Explorers also grow and harvest food at R-Center gardens. Email [amanda.little@cityofrochester.gov](mailto:amanda.little@cityofrochester.gov) for more information. Ages 6-12. **Mon., 1 – 2 p.m.**

**Education/Enrichment Program**

**Flocabulary:** Join us for Flocabulary, a literacy enrichment program with engaging multimedia. Ages 6-14. **Mon. – Fri., 10 a.m. – 12 p.m.**

**Youth Development Programs**

**Young People Advancing Forward:** Groups dedicated to empowering young people through programming that promotes healthy relationships, cultivates leadership, and supports young people to achieve their full potential through social emotional learning and supports. Activities include weekly meetings, service learning, field trips, city-wide gatherings and so much more. Ages 9-17. **Fri., 6 p.m. – 7 p.m.**

**STEM Program:** Discover STEM courses that lead to success in the classroom and stimulate student interest in "wanting to" rather than "having to." Hands-on science experiments engage the mind and pique curiosity. Ages 6-17. **Tue., 2 – 3 p.m.**



**Music Production:** Youth will expand their knowledge on both sides of the musical microphone, learning the technical components of a studio engineer. Participants will learn the development of creative beats, original song material and recording of tracks.

Ages 10-12. **Mon., Tue. & Thu., 2 – 4 p.m.**

**ROCmusic Rhythm:** This program includes ensemble playing, improvisation and ear training, and performance experiences for traditionally classical and non-classical instruments alike. Student participants must have at least one year of experience on their instrument.

Ages 8-17. **July 10 – August 18, 3:30 – 5:30 p.m.**

**One Mic:** Social & emotional skill building through a variety of youth-centered topics.

Ages 12-17. **Thu., 6 – 7 p.m.**

### Theatre, Visual Fine Arts and More

**Visual Arts:** Art expressions through painting, building, and tattoo designing.

Ages 6-17. **Mon. - Fri., 12 – 3 p.m.**

**Grupo Cultural Latinos Dance:** Learn Latino modern and historical cultural dance.

Ages 8+. **Tue., 5 – 7 p.m.**

**Step & Dance:** This dance program helps to develop a young person's talent while building self-worth and confidence. Program provides opportunities for youth to display their talents in showcases and competitions.

Ages 6-17. **Mon. & Wed., 5 – 7 p.m.**

### Youth Sports Program

**League Sports:** League play incorporates team building, skill development and leadership through multiple sports activities.

Ages 6-17. **Tue. & Fri., 3 – 7 p.m.**

### Adult Sports Programs

**Women Self Defense:** Fitness, endurance and self-defense training. Ages 18+.

**Wed. 5:30 - 6:30 p.m.**

**Xtreme Fitness:** Cardio fitness training.

Ages 8+. **Sat. 11 a.m. – 12 p.m.**

### R-Play Days

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served.

Ages 6-17. **Mon. - Fri., 8:30 a.m. – 5:30 p.m.**

## Trenton & Pamela Jackson R-Center

485 N. Clinton Ave. | 428-7476

### Youth Nature Program

**Earth Explorers:** A nature-based program that immerses youth in the amazing natural world around them. Centered on the Children's Outdoor Bill of Rights, activities include: Learn to Paddle sessions with Genesee Waterways Center, nature hikes, science discovery, and more! Earth Explorers also grow and harvest food at R-Center gardens. Email [amanda.little@cityofrochester.gov](mailto:amanda.little@cityofrochester.gov) for more information. Ages 6 - 12. **Thu., 3 – 4 p.m.**

### Education/Enrichment Programs

**SUNY ATTAIN Lab:** State University of New York ATTAIN (Advanced Technology Training and Information Networking) center is a community-based center offering an assortment of academic, occupational, and employability courses. These courses are geared to introduce, as well as supplement students with educational and vocational skills, through advanced technology training for a high-demanding technological world. Ages adults. **Mon. – Fri., 9 – 10 a.m.**

**SummerLEAP:** R-Centers are partnering with the Greater Rochester Summer Learning Association to provide the SummerLEAP (Learning Enrichment to Achieve Potential) program. This 6-week program balances academics, physical activity and enrichment to prevent summer learning loss and build academic, social, and emotional confidence. Ages 5-6 (For rising kindergarteners)

**Jul. 5 – Aug., 11, 8 a.m. – 2:30 p.m.**

**Flocabulary:** Join us for Flocabulary, a literacy enrichment program with engaging multimedia. Ages 6-13. **Mon. – Fri., 1 – 2 p.m.**

### Youth Development Program

**Cooking Class for Young Men & Women:** Learn the basics of cooking and enjoy a delicious self-prepared meal. Ages 6-17.

**Mon. & Wed., 11 a.m. – 12 p.m. / Men**

**Tue. & Thu., 11 a.m. – 12 p.m. / Women**

### Theatre, Visual, Fine Arts and More

**Crafts & Things:** Enjoy traditional arts & crafts activities with a special theme each week.

Ages 6-17. **Mon. & Wed., 11 a.m. – 12 p.m.**

**Coding Class with Lego Sets:** Learn the basics of robotics and coding using Lego sets.

Ages 6-17. **Tue. & Thu., 1 – 2:30 p.m.**

**Theatre 101:** Are you the next Denzel Washington? Maybe... maybe not, but you will have a blast putting your acting chops to the test in Theatre 101. Ages 6-13. **Mon. - Fri., 2 – 2:30 p.m.**

**Line Dancing:** Get your workout in with fun and energetic line dances to new and old classics. Ages 7+. **Mon. - Fri., 6 – 7:30 p.m.**

### Youth Sports

**Charles Murray Boxing Program:** Come learn the sweet science of boxing from World Champion Charles Murray. Ages 6+. **Mon. - Fri., 3 – 6 p.m.**

**Jackson Boxing Club:** Boxers of all levels are welcome to Coach Armando's drop in boxing training sessions. Ages 7- Adult. **Mon. - Fri., 4 – 8 p.m.**

**Softball Skills & Drills:** All levels are welcome to softball skills and drill sessions at Jackson R-Center. Bring a glove if you have one. Gloves will be provided for the session if needed. Ages 6-13. **Mon. - Fri., 3 – 4:30 p.m.**

**Flag Football Skills & Drills:** Sharpen your skills with basic and intermediate flag football drills. Ages 6-17. **Mon. - Fri., 4 - 5 p.m.**

**Biddy Basketball:** Biddy Basketball, also called mini basketball is played with a lowered rim so the little ones can make a basket. We'll have friendly competitive play. Ages 8-11. **Sat., 11 a.m. – 12 p.m.**

**13U & 17U Basketball League Play:** Basketball skills and games. Ages 10-13. **Mon. & Wed., 4 – 5 p.m.**  
Ages 14-17. **Tue. & Thu., 4 – 5 p.m.**

**Ultimate Frisbee League:** Discover the team sport of ultimate frisbee with some fun and friendly competition. Ages 6-17. **Wed., 11 a.m. – 12 p.m.**



### Adult Sports

**Women's Basketball Training:** Basketball skills training boot camp for women. Ages 18+. **Mon. - Fri., 6 – 7 p.m.**

### Adult Program

**Ibero's Centro de Oro:** Seniors participate in health and wellness programs that focus on nutrition, health, and socialization. Ages 55+. **Mon. - Fri., 8 a.m. – 2 p.m.**

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**Willie W. Lightfoot R-Center**  
271 Flint St. | 428-7001

### Youth Nature Programs

**Earth Explorers:** A nature-based program that immerses youth in the amazing natural world around them. Centered on the Children's Outdoor Bill of Rights, activities include: Learn to Paddle sessions with Genesee Waterways Center, nature hikes, science discovery, and more! Earth Explorers also grow and harvest food at R-Center gardens. Email [amanda.little@cityofrochester.gov](mailto:amanda.little@cityofrochester.gov) for more information. Ages 6 - 12. **Tue., 3 p.m. – 4 p.m.**

**Clean Sweep:** Strive to keep the community clean with daily clean sweep efforts. Ages 6+. **Mon. - Fri., 9:30 – 10:30 a.m.**

**Gardening:** Don't have a green thumb? No worries. Come join us for some gardening fun and become a beginner gardener. Ages 6+. **Mon., 4- 5 p.m.**

### Education/Enrichment Program

**Flocabulary:** Enhance reading and communication skills with the help of a fun and interactive computer comprehension program. Ages 9-11. **Mon. - Wed., 4 – 5 p.m.**

### Youth Development Programs

**Simple Desserts Cooking Class:** Cook simple desserts at Lightfoot with Bri! 8 seats available each week. Ages 6+. **Fri., 3 – 4 p.m.**

## Youth, Health, Fitness & Nutrition

**Mindfulness:** Create your Zen with some mindfulness and relaxation techniques. Ages 6+. **Mon., 10:20 – 11:10 a.m.**

## Youth Sports & Fitness Programs

**Volleyball Play:** Come out to play non-competitive volleyball with friends. Ages 8+. **Wed., 5:30 – 7:15 p.m.**

**Open Gym:** Come out to engage in gym activities and music for some great Friday vibes. Ages 14+. **Fri., 5:30 – 7:15 p.m.**

**Skateboarding:** If you want to learn how to skateboard, join the skateboarding program at Lightfoot while spaces last. Ages 6+. **Sat., 10 a.m. – 12 p.m.**

## Adult Programs

**Adult Women's Hula Hoop Workout:** Why not get toned up and have fun hula hooping at the same time. Join us at Lightfoot for a hula hoop workout experience. Ages 17+. **Mon., 6 – 7 p.m.**

**Adult Open Basketball:** Come out to play a game of basketball with friends. Ages 17+. **Tue. & Thu., 5:30 – 7:15 p.m.**

## R-Play Days

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served. Ages 6-17. **Mon. - Fri., 8:30 a.m. – 5:30 p.m.**

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

## Youth Nature Activities

**Earth Explorers:** A nature-based program that immerses youth into the wonderful environment around them. Centered in the Children's Outdoor Bill of Rights, activities range from outdoor adventures such as kayaking, nature hikes, rock climbing, horseback riding and more! Earth Explorers also grow and harvest food at R-Center gardens. Email [amanda.little@cityofrochester.gov](mailto:amanda.little@cityofrochester.gov) for more information. Ages 6 -12. **Mon., 3 – 4 p.m.**

**Fishing & Hiking Club:** Experience fishing and hiking at various trails in Monroe County. Ages 7-10. **Tue., 10 a.m. – 12 p.m.**

## Youth Development Program

**Young People Advancing Forward:** Groups dedicated to empowering young people through programming that promotes healthy relationships, cultivates leadership, and supports young people to achieve their full potential through social emotional learning and supports. Activities include weekly meetings, service learning, field trips, city-wide gatherings and so much more. Ages 10-17. **Tue., 2 – 3 p.m. / Boys**  
**Fri., 2 – 3 p.m. / Girls**

## Youth Sports & Fitness Programs

**Girls Basketball In-House League:** Developmental league for girls. Ages 8-12. **Mon., 10 a.m. – 12 p.m.**

**Girls ROC Athletics:** Intro to sports for girls. Ages 7-12. **Wed., 10 a.m. – 12 p.m.**

**Flag Football League:** Sharpen your skills with basic and intermediate flag football drills and competitive play. Ages 8-15. **Wed., 10 a.m. – 12 p.m.**

**Co-Ed In-house Basketball League:** Join our developmental basketball league with competitive play. Ages 10-13. **Thu., 10 a.m. – 12 p.m.**

**Net Play:** Developmental and competitive games of volleyball & pickleball. Ages 10-17. **Fri., 1 – 2 p.m.**

## Adult Sports & Fitness Programs

**Women's Open Basketball:** Open basketball for women. Ages 18+. **Sat., 1 – 2 p.m.**

**Line Dancing (Soul Aerobics):** Great aerobic workout based around line dancing. Ages 18+. **Fri., 1 – 2 p.m.**

## R-Play Days

**Summer Play Days:** Summer Play Days is a FREE open recreation program offering a variety of fun and engaging options each day. Come hike, bike, swim, craft, garden, or play field games. We'll have tons of fun this summer on and offsite! Breakfast and lunch served. Ages 6-17. **Mon. - Fri., 8:30 a.m. - 5:30 p.m.**



**Every Day is an Adventure!**

**R-CAMPS**  
• CITY OF ROCHESTER •

Sessions start **July 5** Breakfast/lunch included.

**Monday - Friday**  
**8:30 a.m. - 5:30 p.m.**

**Group Games & Outdoor Activities**

**Arts & Dance**

**Nature Exploration & Field Trips**

**An unbeatable price!**  
**\$125** / week for City residents  
**\$175** / week for non-City residents

**Youth Ages 6-12**

• Cobbs Hill Park • Genesee Valley Park •  
Norton Village Park

Register on R-Central or call 585-428-1288

# R-CENTER PROGRAMS

**SUMMER PLAY DAYS**

**JULY 5 - AUGUST 25**

An open recreation program offering a variety of fun and engaging options each day.

Have tons of **FUN** this summer!

**Ages 6 - 17**  
**Monday - Friday**  
**8:30 a.m. - 5:30 p.m.**

Look for locations throughout this Guide!

**FREE**

**FOR YOUTH 6-18**

**LEARN TO SKATEBOARD**

**May 1 - June 24**

**Willie W. Lightfoot R-Center**  
271 Flint St.  
Mon., 4 - 6 p.m.

**Genesee Valley Park Sports Complex**  
131 Elmwood Ave.  
Sat., 10 a.m. - 12 p.m.

**FOR MORE INFORMATION:**  
[Sara.Scott@CityofRochester.Gov](mailto:Sara.Scott@CityofRochester.Gov)

All programs run from July 5 – August 25 unless otherwise noted.

## AQUATICS AND ATHLETICS

### AQUATICS - Youth Swim Lessons

Classes are 30 minutes per session and run between 9 a.m. – 12 p.m. Ages 6-17.

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

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

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

**Level 5:** Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.

**Level 4:** Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.

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

**Session 1:** July 10 – 27 (Mon.-Thu.)

**Session 2:** July 31 – Aug. 17 (Mon.-Thu.)

**Trenton and Pamela Jackson R- Center**  
485 N Clinton Ave., Pool 428-6809

**GVP Sports Complex**  
131 Elmwood Ave., 428-7888

**Adam St R-Center**  
85 Adams St., Pool 428-7456

Sites and times will be based on staffing

Contact Mike.Corey@cityofrochester.gov for more information.



### ATHLETICS

**Adult Swing Tennis:** Get into the swing of things with this program in partnership with Swing Tennis Academy at the beautiful Cobbs Hill and Genesee Valley Parks! Ages 18+. Registration to begin May 1.

Contact [Mike.Corey@cityofrochester.gov](mailto:Mike.Corey@cityofrochester.gov) for more information.

June – September (Fee \$100)

**Session 1:** June

**Session 2:** July

**Session 3:** Aug

**Session 4:** Sept

**Beginners:** 10 – 11:30 a.m. & 5:30 – 7 p.m.

**Intermediate/Advance:** 7 – 8:30 p.m.

Mon. & Wed. @ Cobbs Hill

**Beginners:** 5:30 – 7 p.m.

**Intermediate/Advance:** 7 – 8:30 p.m.

Tue. & Thu. @ Genesee Valley

**Beginners:** 10 – 11:30 a.m.

**Intermediate/Advance:** 11:30 a.m. – 1:00 p.m.

Sat. & Sun. @ Cobbs Hill

**Love-15 Tennis:** Love-15 is a FREE, six-week group instructional program. This program is designed to teach tennis skills while developing values. Youth must be City of Rochester resident to participate. Ages 7-17.

Contact [Mike.Corey@cityofrochester.gov](mailto:Mike.Corey@cityofrochester.gov) for more information.

**Mon. - Fri. 9 a.m. – 12 p.m.** @ GVP

**Mon. - Fri. 1 – 4 p.m.** @ Cobbs Hill & Edgerton

**ROCHESTER COMMUNITY SPORTS COMPLEX** | 460 Oak St., 428-6841**Youth Sports Programs****R-Sports Glenn Hagan Basketball Camp:**

Basketball skill development from basketball hoops legend Glenn Hagan. Ages 9-17.

**Willie Lightfoot R-Center:**

July 5 - 7, 10 a.m. – 3 p.m.

**Carter St. R-Center:**

July 10 - 14, 10 a.m. – 3 p.m.

**Adams St. R-Center:**

July 17- 21, 10 a.m. – 3 p.m.

**Avenue D. R-Center:**

July 24 - 28, 10 a.m. – 3 p.m.

**Thomas P. Ryan R-Center:**

July 31- Aug. 4, 10 a.m. – 3 p.m.

**RCSD:**

Aug. 7- 11, 10 a.m. – 3 p.m.

**Trenton & Pamela Jackson R-Center:**

Aug. 14 - 18, 10 a.m. – 3 p.m.

**R-Sports Flower City Track Club:** Learn the basics in track and field and beginner's competitions. Ages 8-13.

**Franklin High School Track:**

Mon. & Wed., May 1 - July 26, 6 – 8 p.m.

Contact [Eric.Rose@cityofrochester.gov](mailto:Eric.Rose@cityofrochester.gov) for more information.



Soccer League is always the most highly anticipated time on our **FREE** soccer league calendar. We provide the resources and skills needed to allow hundreds of kids in our community to thrive and grow as soccer players.

**GVP Near Tennis Court, Playground, and Storage/Bathroom:**

4-5 years old (girls+boys)

May 20 - July 29 (RCSL)

Saturdays, 10 – 10:45 a.m.

6-7 years old (girls+boys)

May 23 - July 27

Tue. & Thu., 6 – 7 p.m.

8-10 years old (girls+boys)

May 23 - July 27

Tue. & Thu., 7:05 – 8:05 p.m.

**Rochester Sports Community Complex**

11-13 years old (girls+boys)

May 22 - July 31

Mon., 6 – 7 p.m. & Wed., 8 – 9 p.m.

14 - 19 years old (girls+boys)

May 22 - July 31

Mon., 6 – 7 p.m. & Wed., 8 – 9 p.m.

Contact [Nicole@rochestercitysoccerleague.org](mailto:Nicole@rochestercitysoccerleague.org) for more information.

**R-Sports Youth Summer Sports Series:** R-Sports Summer Sports Series explores a variety of sports while learning healthy competition for boys and girls (rising 3rd - 5th graders). Ages 7-10.

**Rochester Sports Community Complex**

July 10 - Aug. 18

9:30 a.m – 3 p.m.

Contact [Eric.Rose@cityofrochester.gov](mailto:Eric.Rose@cityofrochester.gov) for more information.

All programs run from July 5 – August 25 unless otherwise noted.

## FLOWER CITY FEELING GOOD SERIES



PLAY  
In Nature!

### Nature Activity

**3rd Annual Play in Nature Event:** Bring the whole family down to the site of the future Maplewood Nature Center and join nature-based organizations from across the city to learn about and celebrate the many opportunities for engaging with nature right here in our beautiful city. Come enjoy nature games, crafts and refreshments while learning about the Rochester Children's Outdoor Bill of Rights and the many ways you can get involved helping or simply enjoying our natural environment.

**Sat., July 8, 1 - 3 p.m.**

**Lower Maplewood Park, 107 Bridge View Drive**



### Flower City Feeling Good Series

For over thirty years, the Flower City Feeling Good Series has connected City residents with the beauty of Rochester's natural environment. This summer, we are excited to offer opportunities aligned with the new Rochester Children's Outdoor Bill of Rights including opportunities to "Explore Nature in Neighborhoods," "Discover Wildlife" and "Listen to the Sounds of Nature" with our family friendly nature walks, "Play in Clean Rivers and Lakes" at our community Learn to Paddle events, and "Learn to Take Care of Our Planet" through our monthly park stewardship events! All events are free, family friendly, and open to the public.

### Guided Family Nature Walks

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

- **Discover Wildlife in Seneca Park.** Join the Seneca Park Zoo Society's Urban Ecologists for a guided walk to Seneca Park. Participants will learn tips and tricks for finding wildlife and learn how they can help protect our native wildlife by exploring and recording what they see! Meet at the Wegmans Lodge parking lot along the park road in Seneca Park. Meet at the Frederick Douglass R-Center (999 South Avenue).  
**Thu., July 13, 6 p.m.**

- **Otter Walk in Genesee Valley Park.** Join the Seneca Park Zoo Society's Urban Ecologists for a guided walk in Genesee Valley Park and learn about the elusive animals who live there, and how we can help bring them back to our river. Meet outside the Genesee Waterways Center (149 Elmwood Ave.)  
**Thu., July 27, 6 p.m.**
- **Lower Falls Gorge Walk.** Join members of the Gorge Guides team to learn about the history, geology and ecology of Lower Falls. Meet in the Maplewood Rose Garden parking lot.  
**Thu., June 29, 6 p.m.**
- **Learn to Take Care of Our Planet Walk-Downtown.** Join the Seneca Park Zoo Society's Urban Ecologists for a guided walk in the heart of our City. Attendees will actively participate in protecting our environment by learning how to identify the invasive spotted lantern fly and help us set traps for them. Meet outside the Rundell Library on the corner of Broad St and South Ave.  
**Thu., Aug. 10, 6 p.m.**
- **Little Creatures Walk, Durand Eastman Park.** Join the Seneca Park Zoo Society's Urban Ecologists for a guided walk through Durand Eastman Park and learn why sometimes the smallest of creatures can be the most important ones in an ecosystem. Meet at Durand Beach Parking Lot D.  
**Thu., Aug. 24, 6 p.m.**

All programs run from July 5 – August 25 unless otherwise noted.

## Community Paddles

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. Join us and friends from Genesee RiverWatch to experience paddling on the beautiful Genesee River, the Erie Canal and Red Creek. Kayaks will be provided for all events by the Genesee Waterways Center. Maximum two adults per canoe. Children under 18 must be accompanied by an adult. For more information and to register visit: [geneseewaterways.org/events](https://geneseewaterways.org/events).

- **Kayak to Corn Hill Landing.** Learn to kayak. Meet at the Genesee Waterways Center for a guided paddled down the Genesee River. This paddle offers wonderful views of the Rochester skyline and Corn Hill Landing.  
**Sun., July 9, 11 a.m. – 2 p.m.**
- **Red Creek Water Chestnut Pull.** Learn about environmental stewardship while getting out on the water and helping to protect our waterways with this hands-on, educational paddle of the Genesee River, Erie Canal and Red Creek. Meet at the Genesee Waterways Center.  
**Sat., August 5, 10 a.m. – 1 p.m.**



## Flower City Feeling Good GUIDED WALKS

▼ THURS. WALKS START PROMPTLY AT 6 PM

JUNE

- 1 Connecting to Nature in Highland Park with Environmental Educator Kyra Stephenson**  
*Meet: Frederick Douglass R-Center, 999 South Ave.*
- 15 Old Growth Forest Walk with Friends of Washington Grove**  
*Meet: On the southeast side of Reservoir Road, atop Cobbs Hill Reservoir.*
- 29 Lower Falls Gorge Walk with Local Gorge Guides**  
*Meet: Maplewood Rose Garden parking lot, 250 Maplewood Ave.*

JULY

- 13 Discover Wildlife in Seneca Park with the Seneca Park Zoo Society's Urban Ecologists**  
*Meet: Wegmans Lodge parking lot along the park road in Seneca Park*
- 27 Otter Walk in Genesee Valley Park with the Seneca Park Zoo Society's Urban Ecologists**  
*Meet: Outside the Genesee Waterways Center, 149 Elmwood Ave.*

AUGUST

- 10 Learn to Take Care of Our Planet Walk with the Seneca Park Zoo society's Urban Ecologists**  
*Meet: Outside the Rundell Library on the corner of Broad Street and South Avenue*
- 24 Little Creatures Walk in Durand Eastman Park with the Seneca Park Zoo Society's Urban Ecologists**  
*Meet: Durand Beach Parking Lot D, Lakeshore Boulevard*

### QUESTIONS?

Stephanie.Benway@CityoRochester.gov

SAVE  
THE  
DATE

R-Summer  
Nights

JULY 13

Karaoke Night at Rochester Sports Community Complex

JULY 27

Carnival Games and Silent Disco at Rochester Sports Community Complex

AUGUST 3

Skate and Splash at GVP Sports Complex

AUGUST 10

Family Movie Night at Rochester Sports Community Complex

All programs run from July 5 – August 25 unless otherwise noted.

## FLOWER CITY FEELING GOOD SERIES

### Park Stewardship

The City of Rochester's Department of Recreation and Human Services is partnering with the Seneca Park Zoo Society to host our annual series of park clean-up events along the Genesee Riverway Trail. In 2022 we removed 3500 lbs. of litter from city parks and local green spaces, and we have transitioned to collecting in reusable feed bags from the Zoo to keep our clean-ups plastic free! Tools and gloves will be provided. To register, visit [senecaparkzoo.org/events/category/conservate-educate/park-clean-up/](https://senecaparkzoo.org/events/category/conservate-educate/park-clean-up/)

- **Maplewood Rose Garden and Lower Falls Clean Up.** Meet at the Maplewood Rose Garden (250 Maplewood Ave.).  
**Sat., July 15, 9 a.m. – 12 p.m.**
- **Maplewood Park Clean Up.** Meet at 107 Bridgeview Drive.  
**Sat., August 5, 9 a.m. – 12 p.m.**
- **Turning Point Park Clean Up.** Meet in the Turning Point Park parking lot at 260 Boxart Street, off Lake Avenue.  
**Sat., August 19, 9 a.m. – 12 p.m.**

### Community Bike Rides

Reconnect Rochester & Exercise Express on this intermediate level riding series featuring twenty casually paced 7-mile rides (approximately 45 minutes of riding). Helmets are required. Bikes not provided. Rides start promptly at 7 pm. Questions: [Stephanie.Benway@cityofrochester.gov](mailto:Stephanie.Benway@cityofrochester.gov)

- **Ontario Beach Park Ride.** Meet at 50 Beach Ave  
**Wed., May 31**
- **Marketview Heights Neighborhood Ride.** Meet at Thomas P. Ryan R-Center, 530 Webster Ave.  
**Wed., June 7**
- **Maplewood Nature Center Ride.** Meet at the site of the future Maplewood Nature Center, 107 Bridge View Dr. **Wed., June 14**
- **Lehigh Valley Trail Ride.** Meet at Genesee Valley Sports Complex, 131 Elmwood Ave.  
**Wed., June 21**
- **Carter Street R-Center to Seneca Park Zoo Ride.** Meet at Carter Street R-Center, 500 Carter Street. **Wed., June 28**

## FLOWER CITY FEELING GOOD SERIES

**FLOWER CITY  
FEELING GOOD**

**GUIDED  
BIKE  
RIDES**

**QUESTIONS?**  
[jesse@reconnectrochester.org](mailto:jesse@reconnectrochester.org)

**RECONNECT  
ROCHESTER**

**Join Reconnect Rochester & Exercise Express**  
on this intermediate level riding series.  
**Features 20 casually paced 7-mile rides.**  
Helmets required | Bikes not provided.

▼ **RIDES START WEDNESDAYS PROMPTLY AT 7 PM**

- |               |           |                                                                                                                                       |
|---------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------|
| <b>JULY</b>   | <b>5</b>  | <b>Corn Hill and PLEX Neighborhood Ride</b><br><i>Meet: Adams Street R-Center, 85 Adams St.</i>                                       |
|               | <b>12</b> | <b>La Grange - Eastman Trail</b><br><i>Meet: 455 La Grange Ave.</i>                                                                   |
|               | <b>19</b> | <b>El Camino Trail &amp; Marketview Heights Neighborhood Ride</b><br><i>Meet: Carter Street R-Center, 500 Carter St.</i>              |
|               | <b>26</b> | <b>Erie Canal Trail Ride</b><br><i>Meet: Genesee Valley Sports complex, 131 Elmwood Ave.</i>                                          |
| <b>AUGUST</b> | <b>2</b>  | <b>19th Ward Neighborhood Ride</b><br><i>Meet: Genesee Valley Sports complex, 131 Elmwood Ave.</i>                                    |
|               | <b>9</b>  | <b>Neighborhood of the Arts &amp; Beechwood Neighborhood Ride</b><br><i>Meet: Thomas P. Ryan R-Center, 530 Webster Ave.</i>           |
|               | <b>16</b> | <b>La Grange to Maplewood</b><br><i>Meet: 455 La Grange Ave.</i>                                                                      |
|               | <b>23</b> | <b>Genesee Riverway Trail &amp; Genesee Valley Greenway Ride</b><br><i>Meet: Genesee Valley Sports complex, 131 Elmwood Ave.</i>      |
|               | <b>30</b> | <b>Trenton and Pamela Jackson R-Center</b><br><i>Meet: Behind the R-Center at 485 North Clinton Ave. and park on St Bridget's Dr.</i> |

All programs run from July 5 – August 25 unless otherwise noted.

**LEADERSHIP PROGRAMS | DRHS Main Office, 57 St. Paul Street | 428-6755**

**Biz Kid\$:** The BizKid\$ program is designed for teens to learn the foundations of entrepreneurship in a fun engaging environment geared towards every learning style. The BizKid\$ Camp serves youth ages 10-18 with four camps held throughout the year (14-18 school year & 10-14 summer). Each camp hosts 20-25 youth participants who receive supplies such as a book bag, calculator, business card holder, writing utensils, and personal business cards, as well as breakfast and lunch each day. The camp is free of charge to City of Rochester residents and a small fee of \$60.00 for non-city residents. Sign up through the R-Central system to secure a spot in the program!



**Contact Na'im Wilcox at 428 7098 or email [naim.wilcox@cityofrochester.gov](mailto:naim.wilcox@cityofrochester.gov).**

**July 10-14 and Aug. 7-11. 9:30 a.m. - 4:30 p.m.  
57 St. Paul Street**

**YVOV:** Youth Voice, One Vision is a group of young people who represent the voice and issues of the youth in Rochester as the Mayor's Youth Advisory Council. Working



together to create opportunities, events and activities that inspire our community in a positive way. YVOV, the Mayor's Youth Advisory Council, is dedicated to connecting, training and advising Rochester's youth leaders, city governance, adult advisors and community stakeholders. The goal is to establish a diverse membership of youth who can provide expertise in various fields and inform, and impact policies related to youth issue.

**Contact Tremain Harris at 428-6360 or email [Tremain.Harris@cityofrochester.gov](mailto:Tremain.Harris@cityofrochester.gov)**

**RISE (Reach Inside and Strive for Excellence):** Rise is a collaboration

of community service agencies working together to reduce teen pregnancies and reduce STD/HIV rates amongst youth. Our team of educators offer youth evidence based curriculum and parent/ adult workshops that promote healthy behaviors. Workshops available upon request.

**Contact [Rise@cityofrochester.gov](mailto:Rise@cityofrochester.gov)**



# LEADERSHIP PROGRAMS



## R\*Centers Biz Kid\$ Camp

# ARE YOU INTERESTED IN OWNING YOUR OWN BUSINESS?

This week-long in-person camp teaches teens ages 14-18 the foundation of entrepreneurial knowledge. Enrolled youth will receive useful supplies including a drawstring book bag, business card holder, writing utensils, and breakfast and lunch each day.

**Camp Dates: July 10 - 14 and August 7 - 11, 2023**  
**Time & Location: 9:30 a.m. - 4:30 p.m. • 57 Saint Paul St.**

**Free for city residents, \$60 for non-city residents**  
**Questions? Contact Na'im Wilcox, at [naim.wilcox@cityofrochester.gov](mailto:naim.wilcox@cityofrochester.gov)**  
**Registration is required. Visit [cityofrochester.gov/r-central](http://cityofrochester.gov/r-central)**





All programs run from July 5 – August 25 unless otherwise noted.



**July 5 – August 11 | M – F, 8:30 a.m. – 2:30 p.m.**

Your child is invited to participate in our six-week SummerLEAP program. Take advantage of this opportunity for your child and your family. Contact us today. Space is limited!

**Adams Street R-Center**  
85 Adams Street

**Trenton and Pamela Jackson R-Center**  
485 N Clinton Avenue

**SummerLEAP focuses on the following:**

- Academics
- Emotional Confidence
- Enrichment to Prevent Summer Learning Loss
- Physical Activity
- Social Skills

**FOR REGISTRATION INFORMATION CONTACT:**  
[Alvin.Simpson@CityofRochester.Gov](mailto:Alvin.Simpson@CityofRochester.Gov) or call (585) 428-6922

**SOAR:** A leadership team is comprised of youth ages 13 - 18 from the community that meet weekly to receive training on leadership, self-development, and to increase knowledge and awareness around sexual health. Participants will engage in activities that explore their future goals in areas ranging from career and college exploration to public speaking and life skills.  
[Contact Rise@cityofrochester.gov](mailto:Contact Rise@cityofrochester.gov)



**My Brother's Keeper (MBK):** A group dedicated to empowering young men through programming that promotes brotherhood, cultivates leadership and supports young men to achieve their full potential. Activities include weekly meetings, field trips, and city-wide gatherings. [Contact ROCMBK@cityofrochester.gov](mailto:Contact ROCMBK@cityofrochester.gov) or 428-7937.

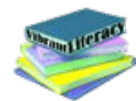


**Mayor's Youth Academy (MYA):**

We are currently recruiting for the Mayor's Youth Academy. This is an internship program for youth in grades 9-12 that will focus on leadership, job readiness, civic engagement, and career development training. These youth receive a stipend throughout the year.  
[Contact Tremain Harris at 428-6360 or Tremain.Harris@cityofrochester.gov](mailto:Contact Tremain Harris at 428-6360 or Tremain.Harris@cityofrochester.gov)



**Vibrant Literacy:** Ages K-5 Vibrant Literacy is a program that serves students who are at below grade reading level by building key literacy foundation skills like fluency, decoding and comprehension. Limited spaces, to register or for more information contact: [Alvin Simpson at 428-6922 or email alvin.simpson@cityofrochester.gov](mailto:Alvin Simpson at 428-6922 or email alvin.simpson@cityofrochester.gov)



## ROCHESTER ANIMAL SERVICES | 184 Verona Street | 428-7274



**Rochester Animal Services (RAS)** is committed to serving people and animals to create safe neighborhoods, support the human-animal bond, and save and enhance animal lives. Visit [AnimalServices@cityofrochester.gov](mailto:AnimalServices@cityofrochester.gov). Mon. - Sat., 11 a.m. to 3:30 p.m. Adoptions and visitations end at 3 p.m. Closed Sunday.

70% of lost dogs are found less than a mile from their home and 42% are less than 400 feet. Here's how you can help:

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

**Help lost pets get home without them coming to the shelter:** Most lost pets are found within one mile of home. We are asking finders to assist when they encounter a friendly, healthy lost pet, before bringing the animal to the shelter. Learn how you can help at [cityofrochester.gov/FoundAPet](http://cityofrochester.gov/FoundAPet).

If you've lost a pet: Please visit our lost pet page for reunification tips at [cityofrochester.gov/LostAPet](http://cityofrochester.gov/LostAPet).

**Proactively register your pet at Petco Love Lost:** Petco Love Lost is an amazing tool that uses facial recognition technology and can help reunite you and your pet quicker. RAS recommends all pet

parents register their pets just in case they go lost. Learn more and register your pet at [lost.petcolove.org](http://lost.petcolove.org).

**Volunteer:** Rochester Animal Services volunteers are essential to the success of the organization. Our volunteers help to enhance quality of life for animals at the shelter and support all aspects of the operation. Learn more and sign up at [cityofrochester.gov/RASvolunteer](http://cityofrochester.gov/RASvolunteer).

### How to license your dog:

Visit or mail to City of Rochester clerk's office (30 Church St, Rochester) or your town clerk's office with payment and the following documents:

- Rabies certificate
- Spay/neuter certificate if applicable
- Proof of training/certification required for guide dogs, war dogs, hearing dogs, police work dogs, and service dogs

Call 311 or visit [cityofrochester.gov/doglicense](http://cityofrochester.gov/doglicense).

# ROCHESTER ANIMAL SERVICES

**THE FAST & THE FURRIEST**  
5K & 10K RACES, DOG WALK & PET FEST

**Brown Square Park**

**SAT., JUNE 3**

- 10K & 5K race
- Dog walk
- Pet festival with music, food trucks, sponsor giveaways, vendors, and more!



## CRISIS INTERVENTION PROGRAMS

### The Office of Crisis Intervention Services (CISU)

goal is to create a comprehensive, community-based response to support victims and families dealing with homicides, mental health, domestic violence, and other related crises. The unit is consists of three teams:

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

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

Crisis Intervention Services has many community partnerships including the Rochester Police Department, Pathways to Peace, Monroe County FIT Team, Willow and other community service providers to ensure that the best help is available.



## PERSON IN CRISIS TEAM

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

**CALL 211 or 988**

## COMMUNITY SUPPORT TEAM

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

**CALL 585-428-6630**

## CONNECTING & CREATING CHANGE

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



Starting in July, four R-Centers will be offering youth and families social-emotional and wellness support.



**FOR MORE INFORMATION CONTACT:** Shaylin Cox at (585) 428-7913 or email [Shaylin.Cox@CityofRochester.Gov](mailto:Shaylin.Cox@CityofRochester.Gov)

## WORKFORCE DEVELOPMENT

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

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

# ROC THE BLOCK

COMMUNITY  
Employment  
**FAIRS**

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



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

**June 14**

International Plaza  
828 N Clinton Ave.

**July 12**

Willie Walker  
Lightfoot R-Center  
271 Flint St.

**Aug. 9**

Edgerton R-Center  
41 Backus St.

**Sept. 27**

Parcel 5  
285 E. Main St.

Commission on  
**RASE**  
County • City • Community

**Questions?** [RocTheBlock@CityofRochester.Gov](mailto:RocTheBlock@CityofRochester.Gov)

### R-Connect Community Resource and Employment Opportunity Fairs

The City of Rochester invites the community to attend the R-Connect Community Resource and Employment Opportunity Fairs. Attendees can learn about healthcare and community-based employment opportunities along with medical and mental healthcare resources, and more. For more information call (585) 428-8689 or email: [Shawn.Futch@cityofrochester.gov](mailto:Shawn.Futch@cityofrochester.gov).

### Meeting of the Minds

Meeting of the Minds Luncheons are held on a quarterly basis to provide an opportunity for those in the workforce development community who employ and train to come together and discuss the current state of the workforce, challenges, and successes. For more information email: [Shawn.Futch@cityofrochester.gov](mailto:Shawn.Futch@cityofrochester.gov).

All programs run from July 5 – August 25 unless otherwise noted.



## CITY OF ROCHESTER PUBLIC MARKET

## OPEN YEAR ROUND!

Tues. &amp; Thur., 6 a.m. – 1 p.m. | Sat., 5 a.m. – 3 p.m.

cityofrochester.gov/publicmarket

Facebook &amp; Instagram @CityofRochesterPublicMarket

Email: PMarket@cityofrochester.gov

**Community Garage Sales and Superfleas:**

Offering dozens of garage sales with bargains on everything from furniture to clothing; collectibles to jewelry; artwork to trinkets! Spring through the fall, stop by the Market every other Sunday to for garage sales and superfleas!

**Sun., Jun. 18, Jul. 2, 16, 30, Aug., 13, 27, Sept., 10, 24, Oct. 8, 22, 7 a.m. – 1 p.m.**

**Food Truck Rodeos:**

It's fabulous fun: food on four wheels featuring the community's creative and eclectic mobile cuisine! While you experience Rochester's best food trucks, you'll also enjoy, local brews, and amazing live music by locals.

**Last Wednesday of the month, May 31, June 28, July 26, Aug. 30, Sept. 27, 5 – 9 p.m.**

**Flower City Days:**

These legendary horticultural sales feature hundreds of vendors with annuals and perennials, hanging baskets, succulents, herb and vegetable plants, gardening accessories, and much more!

**Sun., May 14, 21, 28, Jun. 4, 11; Memorial Day Weekend: May 26, May 29, 8 a.m. – 2 p.m.**

**Bands on the Bricks:**

FREE concert series with national-act and local live music. New this year, Bands Craft and Collectibles show, Friday, August 4.

Every night, food and drink vendors will be there to complete your night! Lineup TBD. Visit [cityofrochester.gov/bandsbricks](http://cityofrochester.gov/bandsbricks) for details and announcements. **Fri., Jul. 7, 14, 21, 28, Aug. 4, 6 – 10 p.m.**

**Flour City Brewers Fest:**

Craft beer festival with local craft breweries, cider, wine, spirits, local foods, and live music. This is a ticketed event hosted by Rohrbach's Brewing. Tickets and additional event info:

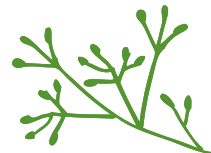
[flourcitybrewersfest.com](http://flourcitybrewersfest.com)

**Aug. 19, 6 – 9 p.m.**

**Artist Row:**

Annual juried art show, hosted by the Friends of the Rochester Public Market. The event features over 200 up-and-coming artists, plus free live performances by local musicians, food trucks, family activities, and more!

**Sept. 17, 10 a.m. – 4 p.m.**



**International  
PLAZA**

**MARKET Days!**

**¡Celebremos juntos!**



**828 N. CLINTON AVE.**

**SUNDAYS, 1 - 5 P.M. • MAY 7 - OCT. 15**

**CITYOFROCHESTER.GOV/INTERNATIONALPLAZA**

City of Rochester, Department of  
Recreation and Human Services  
57 St. Paul St.  
Rochester, NY 14604

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Permit No. 4380

## FACILITIES RENTALS

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



### Edgerton Stardust Ballroom

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



### Dr. Martin Luther King Jr. Park

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



### Genesee Valley Field House

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



### Norton Village

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



### Lake Riley Lodge

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



### Tay House at Cobbs Hill Park

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

Call 428-6755 or visit [cityofrochester.gov/facilityrental](http://cityofrochester.gov/facilityrental)

  
Explore + Discover + Connect!



QUESTIONS? 428-6755

VISIT [CityofRochester.gov/R-Central](http://CityofRochester.gov/R-Central)

