WINTER SPRING GUIDE 2014-15

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FEATURING: Nower City Looking Good ADVENTURES ADVENTURES 2015 Series Guide



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

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Rochester





Rochester Does Everything But Hibernate in Winter

While many other cities put on the brakes when the snow flies, Rochester embraces it. We get out there and celebrate winter with festivals, outdoor sports and even icy dips in the lake.

The City of Rochester's winter-spring recreation line-up offers so many opportunities to get out of the house and stay active during the colder months. From snowshoe races to garden talks, our annual Winter Adventures Series is sure to delight any nature enthusiast. The City's many R-Centers are jam-packed with activities and programs that inspire people of all ages to get fit, be creative, learn something new and make friends along the way. To top it all off, the City hosts a variety of winterthemed events including the 31st annual Lakeside Winter Celebration where you can be a judge in the Chilly Chili contest, sample local wines and join your friends in the ever-popular Polar Plunge.

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

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Mayor Lovely A. Warren City of Rochester, NY

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DEPARTMENT OF RECREATION &YOUTH SERVICES INFORMATION

Marisol O. Ramos-Lopez - Commissioner, Department of Recreation & Youth Services

Eric Rose - Deputy Commissioner of Recreation

Contact Us

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

Recreation Facilities and Rental Information

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

Important Dates

December 22 - January 2, RCSD School Recess Centers open 9 a.m. - 6 p.m. (except Dec. 25 & Jan. 1, 2)

December 25 & 26, Christmas Holiday Administration Office and R-Centers closed

Thursday, January 1, New Year's Day Administration Office and R-Centers closed

Friday, January 2, Day After New Years Administration Office and R-Centers closed

Friday, January 9 R-Centers close at 7:30 p.m. for staff meeting

Monday, January 19, MLK Holiday Admin. Office closed. Select R-Centers open 9 a.m. - 6 p.m.

Friday, February 6 Centers close at 7:30 p.m. for staff meeting

Monday, February 16, President's Day Admin. Office closed. Select R-Centers open 9 a.m. - 6 p.m.

Monday – Friday, Feb. 16 - 20, RCSD School Recess Centers open 9 a.m. – 6 p.m.

Friday, March 6 R-Centers close at 7:30 p.m. for staff meeting

Mon. – Thurs., March 30 - April 2 RCSD School Recess Centers open 9 a.m. - 6 p.m.

Friday, April 3, Good Friday Administration Office and R-Centers closed

Saturday, April 4, Easter Weekend R-Centers closed



Visit Us Online

www.cityofrochester.gov

/CityofRochesterNY

/cityrochesterny





From After School Programs to Senior Activities, R-Centers Offer Programs and Facilities to Fit Your Interests

R-Centers After School

The fun of learning and being with friends doesn't have to end when the school day does. R-Centers offer fun, engaging, exciting after school programs that provide homework help, group games, reading programs, sports, arts & crafts and a wide variety of enrichment activities. In addition, R-Centers offers the popular After School in the Park Program in Cobb's Hill Park for city youth in grades K-6. For more information on After School in the Park visit www.cityofrochester.gov/ afterschoolprogram.

Rec on the Move Winter Fun

This winter, the popular Rec on the Move mobile R-Centers will be offering fun events for kids to get out and stay active this winter. Activities include snowshoeing, sledding, ice skating, snow-painting, crafts and more. Visit any R-Center or call or call 428-6985 to register.

For more information visit: www. cityofrochester.gov/reconthemove or call 428-6755

Earth Explorers

A unique program that immerses youth into the remarkable natural environment. Activities range from outdoor adventures (such as nature hikes, field trips and snowshoeing) to gardening and cooking with the food grown at R-Center gardens. Youth and families are also invited to take advantage of horticultural workshops, projects and events like community gardening, nature tours and more. Call 428-8820 or visit www. cityofrochester.gov/earthexplorers or www.cityofrochester.gov/horticulture for more information.

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

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



One pass gives you access to all R-Centers programs and facilities. Grab yours at any R-Center today!

Youth Voice, One Vision

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

Girls Coalition

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

Team I.M.P.A.C.T.

Team I.M.P.A.C.T. focuses on boys' natural strengths and broadens their understanding about culture and being positive and productive males in today's society. Adult mentors lead activities and dialogue that challenge myths about what it means to be a "real man." Call 428-6481 to join.

RocMusic

RocMusic is a unique educational program that engages children and their families in the experience of making and appreciating music. The program is a joint partnership between the City of Rochester, Eastman School of Music, Eastman Community Music School, Hochstein School of Music & Dance, Rochester City School District and the Rochester Philharmonic Orchestra. RocMusic operates three days per week during the school year at the David F. Gantt R-Center. Visit: www.cityofrochester.gov/rocmusic or call 428-7149.



Evening Events

Youth and adults are invited to spend the evening at their local R-Center to get together with friends and enjoy a variety of special programs including: Sout

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Open Basketball

On Mondays, Tuesdays, & Wednesdays, 7-9 p.m., R-Centers gyms offer open basketball for youth 6 - 18.

Adult Night

Thursday evenings, 7-9 p.m. is adult night. R-Centers offer a variety of special programs for adults including: healthy living programming at the David F. Gantt R-Center, creative arts at the Edgerton R-Center, fitness fun at the Adams Street R-Center and environmental education at the Humboldt R-Center.

Friday Family Fun Night

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

Danforth Seniors

Come and join neighborhood seniors at the Danforth Auditorium for activities such as horseshoes, breakfast and lunch clubs, cards, "Get Fit" club and field trips throughout the season. **Call 428-6746 for more information.**

Stardust Ballroom Series

Step back in time and dance at the Stardust Ballroom! Each year the century-old, historic Edgerton R-Center hosts this open ballroom dance series featuring terrific live music. Admission is only \$3.00.

Schedule (Tues. nights at 7 p.m.)

Jan. 13 - Nostalgic Reunion Jan. 20 - Music Makers Feb. 10 - Greece Jazz Band Feb. 24 - Gateswingers

R-Center Locations & Amenities

Playground
 Game Room
 Outdoor Courts
 Teen Lounge
 Swimming Pool
 Fitness Center
 Spray Park
 Computer Lab
 Gym
 Dinner

* Adams Street Adams St. Phone: 428-7266 Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m.

- * Roxie Ann Sinkler 😣 🏞 🖶 😪
 - Address: 75 Grover St. Phone: 428-7827 Hours: M-F, 2:30 9:30 p.m.
 - * Humboldt / #28 School School School Report School Report
 - * South Avenue Address: 999 South Ave. Phone: 428-6015 Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m.
- * Thomas P. Ryan 🚱 🔊 🎧 🎧 🎧 😭 😨 🍪 🎭 🔘 Address: 530 Webster Ave. Phone: 428-7828 Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m.
 - **#35 School / Field Street** Address: 194 Field St. Phone: 428-7362 Hours: M-F, 2:30 6 p.m.

#46 School 🚱 🚇

Address: 250 Newcastle Rd. Phone: 428-7294 Hours: M-F, 3:30 - 6 p.m.

- * Avenue D 🔄 🔅 🖉 🖨 🛜 🐨 😨 🌑 Address: 200 Ave. D Phone: 428-7934 Hours: M-F, 2:30 - 9:30p.m. | Sat 10 a.m. - 5 p.m.
- Carter Street A C C Carter St. Phone: 428-7890 Hours: M-F, 2:30 9:30 p.m. | Sat 10 a.m. 5p.m.
- * David F. Gantt St. Phone: 428-7149 Hours: M-F, 2:30 9:30 p.m. | Sat 10 a.m. 5 p.m.
- * Campbell Street 🚱 🏟 🗬 🌪 😰 🍽 Address: 524 Campbell St. Phone: 428-7860 Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m.
- * Edgerton 🔄 🏂 🎲 🛜 🖉 🍪 🚍 🗞 🔘
- Address: 41 Backus St. Phone: 428-6769 Hours: M-F, 2:30 9:30 p.m.

#7 School / Pierpont 🚱 🎲 🚇

Address: 219 Pierpont St. Phone: 428-6859 Hours: M-F, 3:30 - 9 p.m.

#17 School 😽 🎲 📳 👸

Address: 158 Orchard St. Phone: 899-9211 Hours: M-F, 5 - 9:30 p.m.

#42 School 🚱 🏷 🚇 🛃 🔘

Address: 3330 Lake Ave. Phone: 428-7829 Hours: M-F, 3:30 - 9:30 p.m.



Saturday Garden Talks

Improve your gardening knowledge this winter. Talks take place at various Rochester Public Libraries around the city. The following talks are held on Saturdays, 10:30 - 11:30 a.m.

January 10

Gardening in a Warmer World: Climate Change and Your Garden. Monroe Library, 809 Monroe Avenue.

February 21

Do-It-Yourself Container Gardens for Your Outdoor Garden. Lyell Library, 956 Lyell Avenue.

February 28

Getting Started in the Garden. Phyllis Wheatley Library, 33 Dr. Samuel McCree Way.

Sponsored By:



Snowshoe Events & Winter Fun

We'll provide the snowshoes and (hopefully) nature will provide the snow. Learn the basics and enjoy a new winter activity. Even if there isn't snow, we will go for a hike and play games. Look for the Rec on the Move truck at many of these activities. Saturdays, 12:30 - 2 p.m.

January 10 Campbell Street R-Center, 524 Campbell St.

January 31 Avenue D R-Center, 200 Avenue D.

February 21 Flint Street R-Center, 271 Flint St.

February 28 South Avenue R-Center, 999 South Ave.

Weekend Park Hikes

Explore all the outdoors has to offer. Bring your family and friends for a wonderful winter hike. Dress for the weather and wear appropriate footwear.

10 a.m., Sunday, January 11 El Camino Trail, meet at Conkey Corner Park (corner of Clifford and Conkey)

10 a.m., Saturday, January 17 Washington Grove/Cobbs Hill Park (meet at the top of Reservoir Road).

10 a.m., Sunday, February 1 Seneca Park, meet at the Seneca Zoo Parking Lot (off of St. Paul Street).

1 p.m., Sunday, February 7 Turning Point Park, meet at Ferry Terminal Building.





Snow Cheap Trail Race Series

A fun filled winter trail series held Wednesday Nights from December through February in Cobb's Hill Park. Everything you loved about the Dirt Cheap Series now for the winter. Low price, crazy fun, great vibe, and tons of value. Meet at Lake Riley Lodge in Cobb's Hill Park, Norris Dr. & Culver Rd. Preregistration required no later than 6:45 p.m. on the day of the race. Races will be held snow or no snow. Headlamps are required for all races. Post-race party, door prizes and fun!

Wednesdays: Dec. 17, Jan. 7, Jan. 21, Feb. 4, Feb. 18, and March 4.

Registration: 6:45 p.m. Races Start: 7:15 p.m.

Prices: One Race- \$12.00; \$65 if registering from 12/18 - 1/21. For more details and to register, please visit yellowjacketracing.com.

Winter In Washington Grove

Winter is tough if you live outdoors. How do plants and animals survive it? They have a lot of neat strategies. Naturalist Peter Debes of the Friends of Washington Grove will lead you on a scavenger hunt for signs of life and secrets of survival in the woods. If we're good observers, we will spot a few creatures in this old-growth forest at Cobb's Hill Park. Adults and children 8 and older. Meet at the top of the Reservoir Road, Cobb's Hill Park by the pine trees. Dress for the weather. Binoculars useful. Hand warmers will be available. Cancelled if there are high winds. 10 - 11 a.m., Saturday, January 17.

Passport to Family Wellness

Next time you are at Wegmans, look for the "Passport to Family Wellness" brochure. Inside the brochure you will find information about trails in the region.

Snowshoe Rentals

Snowshoeing is a great family friendly activity! Adult and youth snowshoes available for rent through the City's Department of Recreation and Youth Services at 400 Dewey Avenue.

Rates: \$10 per weekend/per person. Rent 2 pairs get the third free of charge. For more information or to reserve snowshoes call: 428-8820.





ATHLETICS & AQUATICS

Whether you're interested in skating, basketball, wrestling, hockey, indoor soccer or swimming, the City of Rochester has opportunities for you to stay active all year around.

Leagues & Lessons

Lifeguarding Prep Class

Aspiring lifeguards can build their swimming skills in preparation for lifeguarding classes which begin in March. Classes start on Tuesday December 2 and run every Tuesday till February 23. Registration is available on an ongoing basis.

Call 428-7456 for more information.

Rochester Rapids Swim Team

The popular Rochester Rapids Swim Team is a competitive swim team for ages 6 - 21. Youth on free or reduced lunch will have their registration fee waived. The team swims competitively in the USA Swimming Niagara District. For more information, call 428-7456 or e-mail RRST Swim Team Head Coach Shane Logan@rrst.headcoach@ gmail.com.

City-Wide Basketball League

R-Centers in partnership with the Centered Basketball League invite youth ages 7-15 hit the court and develop their basketball skills with coaches that are certified by the National Alliance for Youth Sports (N.A.Y.S.). Three age divisions are available for both girls & boys: 7-9, 10-12 and 13-15. Individual player registration (youth not playing through R-Centers) is on Saturdays 1/31, 2/7 and 2/14 at the Gantt R-Center from 11 a.m.-1 p.m. Player evaluations and draft will be held at the Ryan R-Center on Saturday, February 21. Practice begins on February 24 and the season begins Saturday, February 28.

Youth Floor Hockey

A city-wide indoor hockey for youth ages 15 and under with support from the Rochester Amerks. Game Days: Tues., Wed. & Thurs. Game Times: 5:30, 6:30 or 7:30 p.m. Participating R-Centers Teams include: Adams St., Ave. D, Campbell, Carter, Flint, Gantt, Roxie, Ryan, South and #42 School. **Call 428-6755 for more information**

Youth Wrestling

Sponsored by the City-Catholic Wrestling Association, R-Center youth get exposed to one of the world's oldest sports, wrestling, at Ryan R-Center and Roxie Sinkler R-Center. Open to youth ages 8 - 14. **Call 428-7828 for more information.**

Youth Skating Lessons

Learn how to skate for FREE with the pros from the Go Figure Skating School! Sessions are held at Dr. Martin Luther King, Jr. Memorial Park Ice Rink from Jan. 10 to Feb. 14. Students will enjoy a 20-minute group lesson and additional 40-minute practice time to hone their skills. Lessons are open to youth ages 4-15.

Call 428-7541 to register.

Ice Skating

Genesee Valley Ice Arena

The GVP Sports Complex, located at 131 Elmwood Avenue, hosts a newly renovated ice arena perfect for all ages. The arena is available for open skating as well as sports programs including a youth hockey club, adult ice hockey leagues and speed skating. Book your next skating party too. The arena remains open until April 4, 2015. Adults interested in leagues should call 428-7888.

2014-15 Ice Arena Schedule:

Open Skate

- Monday-Friday, 12:00-1:15p.m.
- Saturday, 5:00-6:15p.m.
- Sunday, 2:30-3:45 p.m.

Adult Skate (Ages 18+)

Tuesday-Thursday, 10:30-11:45 a.m. (except during school recesses)
Sunday, 9:45-11 a.m.

Dr. Martin Luther King Jr. Memorial Ice Skating Rink

This ice skating rink, located at 353 Court Street, in the heart of downtown is the perfect place for a family outing. Skaters will enjoy a warming shelter with heated floor and fireplace. The rink is also available for rent. The skating season runs through March 14, 2015 (weather permitting).

2014-15 Rink Schedule:

Open Skate

- Monday-Friday: 12-1:30 p.m., 3:40-5:10 p.m., 5:30-7:00 p.m. & 7:20-8:50 p.m. (On Tuesdays, Wednesdays, and Thursdays, rink rentals may preclude open skate in this time slot.)
- Saturday: Noon-1:30 p.m., 1:50-3:20 p.m., 3:40-5:10 p.m., 7:20-8:50 p.m.
- Sunday: Noon-1:30 p.m., 1:50-3:20 p.m., 3:40-5:10 p.m., 5:30-7 p.m.

Adult Skate (Ages 18+)

• Monday-Friday, 1:50-3:20 p.m. (except during school recesses)

Indoor & Outdoor Skating Fees

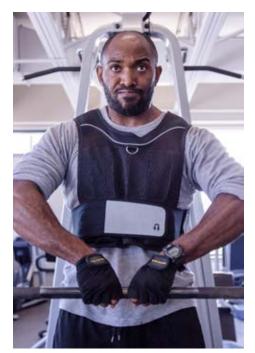
- Adults- \$5
- Youth 17 & under- \$2
- College Students w/ID \$3
- Families- \$14
- Season Pass for MLK- \$60
- Season Pass for GVP- \$125



Fitness

Fitness Centers

Achieve your personal fitness goal at an R-Center near you. Workout facilities are located at David F. Gantt, South Avenue, Avenue D and Flint Street R-Centers. Adams St. R-Center will have a new fitness center in January 2015. **Call individual R-Centers for time and equipment availability.**



Swimming

Adams St. Indoor Pool

This Olympic-sized, heated indoor pool is open year-round in the historic Corn Hill neighborhood. The aquatics program features both youth and adult swim lessons, adult lap swim, family fun nights and birthday parties and the Rochester Rapids Swim Team.

For more information, call 428-7456.

Clinton Baden Indoor Pool

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

For more information, call 325-4910.

Freddie Thomas Indoor Pool

Looking to hit the water this winter and stay in shape? The Freddie Thomas Learning Center Pool offers open swim for all ages on Tuesdays and Thursdays beginning January 13.

For more information, call 428-7888.

Special Events



New Year Celebration

Wednesday, December 31, 2014 Light Up Your New Year's Eve with FREE

fun for the entire family!

Family New Year's Eve Party

Join family and friends to ring in the New Year at the Joseph A. Floreano Rochester Riverside Convention Center, 123 E. Main St. 7-10 p.m. Admission is free. There's a party with Jimmy C's Music Machine, giant bounce houses, obstacle course, airbrush tattoos, photo booths, caricature artists, magician, clowns and more. New this year: meet Frozen's Elsa, Ana and Rochester's favorite superhero, Spider-Man! The City's Rec on the Move staff will also have fun and crafts for the kids. Snacks and beverage will be available for purchase.

Ice Skating at the King

Head over to Dr. Martin Luther King, Jr. Memorial Park Ice Rink from 5:30 to 10:30 p.m. for free ice skating! Skate to music by Beale's Rock & Roll Review. Family skating is available from 5:30 to 7:30 p.m., adult only skate runs from 8:30 to 10:30 p.m.

<u>New Year's Eve Fireworks Display</u> Enjoy a spectacular fireworks finale at 10 p.m.

Park for Free!

You can park for free from 6- 11 p.m. at the following garages: South Ave. Garage, 39 Stone St.; Washington Square Garage, 111 Woodbury Blvd; Sister Cities Garage, 28 N. Fitzhugh St. and Court St. Garage, 194 Court St.

Skating Events at MLK Rink

Family Night at the Rink

Jan. 2, Feb. 6 & Mar. 6, 7:20 - 8:50 p.m. Free entertainment and Free skate (Rental fee for skates available \$3.00).

Friday Night Late Skate

Jan. 2, Feb. 6 & Mar. 6, 9:10 - 10:40 p.m. Adults 18 and over are invited to skate under the stars. Come out and bring your special date or just have a fun a night out with friends. Normal fees apply.

MLK Skate to Commemorate

Mon., Jan. 19: Noon, 1:50 & 3:40 p.m. Youth Voice One Vision presents a free skating event designed to commemorate the legacy of Dr. Martin Luther King Jr. by carrying out his ideals of peace and service to others.

Sweetheart Skate

Sat., Feb. 14: 5:50 - 7 p.m. In the mood for love? Go skating with your loved one and make this Valentines Day truly special. Dress in red for a surprise and enjoy the music of DJ Beale under the stars and snowflakes at the "Little Rockfeller Center" of Rochester.

St. Patrick's Day Celebration

Sat., Mar. 14, 2:30 - 5:00 p.m. After the St. Patrick's Day parade, continue your celebration by skating with your friends and family. Admission is free if green attire is worn.

Lakeside Winter Celebration Sat., Feb. 7 & Sun., Feb. 8

Celebrate the Winter at the 31st annual Lakeside Winter Celebration at Ontario Beach Park. This year, the celebration will feature a wide array of activities including the 5th Annual Lake Ontario Wine and Craft Beer Festival on Saturday, February 8 and then continue on Sunday, February 9 with the "Polar Plunge" at noon. Additionally, Charlotte area merchants will be offering specials and discounts all weekend.

Activity Line Up

Saturday, Feb. 7, 1 - 6 p.m.

- Lake Ontario Wine & Craft Beer Festival
- Chilly Chili Challenge
- Ultimate Frisbee Challenge
- Horse-drawn carriage rides
- Dog sled demo
- Outdoor children's games with Rec on the Move
- · Ice sculpture demo
- Snow sculpture contest
- Winter hike: Turning Point Park, 1 p.m.
- Fireworks over the river, 6 p.m.

Sunday, Feb. 8, 12 - 4 p.m.

- Annual Polar Plunge fundraiser for the Special Olympics, noon.
- Frostbiter's sailboat racing

For more information,visit www.cityofrochester.gov/ wintercelebration.





Photography Contest Winners

Congratulations to the top winter shots from last year's season.

1.Julie Oldfield Title: Lower Falls at Dusk

2.Paul Wallach Title: Karate Kid

3.Bob Johnson Title: Snow on Bike RochesterMyHome.com







The win doesn't make a champion, It is the journey to achieve it.

It is about pushing every day, To do what others won't.

Running when you want to stop. Jumping when the bar seems too high. Scoring when the crowd has left.

Learn from failure's fall, And rise up stronger than ever.

Get out there.

RUN. JUMP. SCORE.

