



Rochester Recreation

**WINTER
SPRING**
GUIDE 2016-17

Believe.



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



Rochester is a *Winter Wonderland*

Winter in Rochester means we're warming up to celebrate with festivals, outdoor sports and even icy dips in Lake Ontario.

The City of Rochester's winter/spring recreation line-up offers many opportunities to get out and stay active during the colder months. From snowshoe races to garden talks, our annual Winter Adventures Series will delight any nature enthusiast. Our 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 winter-themed events including the 33rd 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.

Embrace winter and don't get cold feet! Try something new this winter and take advantage of the opportunities available in our city. Have a fun, safe and active season!



Lovely A. Warren

Mayor Lovely A. Warren
City of Rochester, NY

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Department of Recreation & Youth Services Information

Marisol O. Ramos-Lopez - Commissioner,
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Eric Rose - Deputy Commissioner

Contact Us

City of Rochester Recreation Bureau
400 Dewey Ave., Rochester, N.Y. 14613
Phone: 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, 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 26 – January 2, RCSD School Recess

R-Centers open 9 a.m. - 6 p.m. (except Dec. 25 & Jan. 1, 2)

December 26, Christmas Holiday

Administration Office and R-Centers closed

January 2, Day After New Year's Day

Administration Office and R-Centers closed

January 6

R-Centers to close at 7 p.m. for staff meeting

January 16, Dr. Martin Luther King Jr. Holiday

Administration Office closed and R-Centers closed

February 3

R-Centers to close at 7 p.m. for staff meeting

February 20, Presidents Day

Administration Office and R-Centers closed

February 20 - February 24, RCSD School Recess

R-Centers open 9 a.m. - 6 p.m.

March 3

R-Centers to close at 7 p.m. for staff meeting

April 14, Good Friday

Administration Office and R-Centers closed

April 15, Easter Weekend

R-Centers closed

April 17 – 21, RCSD School Recess

Select R-Centers open 9 a.m. - 6 p.m.

Visit Us Online

www.cityofrochester.gov



/CityofRochesterNY



/cityrochesterny



IN THE

SPOTLIGHT

AmeriCorps Member Inspires a Love of Reading



AmeriCorps member Steve Shon makes a tremendous effort to improve literacy in Rochester schools. Steve helps coordinate the local Raising a Reader program, a national initiative which engages

caregivers in a routine of book sharing with their children from birth through age eight to foster healthy brain development, healthy relationships, a love of reading and the literacy skills critical for school success.

Steve works tirelessly to instill a love of reading in young kids by organizing and participating in weekly reading sessions designed to encourage reading in the classroom and within families. In addition, he creates videos for the program, designs flyers for events, distributes surveys, attends graduations and parent events, helps with teacher training, sorts hundreds of books by age and genre and much more.

"Because of Steve's weekly reading sessions, my students are more enthusiastic about reading," says Martha Keeley, a Pre-K Teacher at Peter Castle Family Resource Center. "Steve actively involves the students in his readings and my class."

Hundreds of people like Steve have invested their time and talents to provide life changing services focused on economic opportunity, healthy futures and education in Rochester. To find out more or become a part of the AmeriCorps team, visit www.cityofrochester.gov/ameriCorps.

Kids Learn to Mind Their Own Business

This February and April, City of Rochester R-Centers will be offering two exciting Biz Kid\$ camps designed to teach kids ages 13-18 how to build their own businesses. At Biz Kid\$ camp, kids learn how to manage money, make a good impression, set goals and create their very own business plan. Participants also get real sales experience by operating a concession stand at City Hall and keeping the profit. Participants also vie for cash and other great prizes by presenting their business plans to a panel of local business professionals.

Biz Kid\$ camp is offered in two, week-long sessions at the Danforth Community Center, 200 West Ave., February 20 - 24 and April 17 - 21 from 9 a.m. until 4 p.m. daily. City residents can enroll for free; those who live outside the city can participate for \$60. Breakfast and lunch is provided each day. Space is limited so enroll soon by visiting: www.cityofrochester.gov/bizkids



The fun doesn't end with camp.

Graduates of Biz Kid\$ camp are invited to attend special one day seminars throughout the year to deepen their understanding of entrepreneurship as well as keep them excited about starting a businesses. Participants gain hands-on experience in fields such as supply and demand, banking

and credit, taxes and licenses, product design, business management and customer relations. Topics are supplemented by field trips to local companies which have a professional focus.

Camp graduates can also participate in Biz Kid\$ Real, a collaboration between the City of Rochester, the Credit Education Bureau and the New York State Farmers Market Federation. Biz Kid\$ Real teams are tasked with creating a healthy snack made of New York State produce to be packaged and sold at the City of Rochester Public Market. The team must go through all of the steps typical to business development including planning, research, production, marketing and sales. Participants meet on a monthly basis from January to June and then become paid employees under the City of Rochester's Summer of Opportunity program.

Summer of Opportunity Program Connects City Youth With Real Job Experience

The Summer of Opportunity Program (SOOP) provides employment and training for high school youth ages 14-20 while making a direct connection to success in school.

For the past two decades, SOOP has been the largest summer youth employer in the city. SOOP has partnered with RochesterWorks! for nearly a decade to provide innovative employment opportunities such as the Caring and Sharing Child Care Center Summer Education Internship and the Rochester Technology and Mechanical Association internship through Monroe Community College. Relationships with private sector employers continue to be successful in meeting the needs of the community and employing youth.

For more Summer of Opportunity Program information, visit www.cityofrochester.gov/soop.



Professional Artists and R-Center Youth Team Up to Create Art on a Grand Scale

Visitors to the Flint Street, Roxie Ann Sinkler, Campbell Street, David F. Gantt, Carter Street and Frederick Douglass R-Centers will surely notice several dazzling new murals adorning center hallways and exteriors. They are the work of Roc Paint Division, the City of Rochester's youth mural arts

program. This past year, local painters Sarah Rutherford and Justin Suarez were joined by photographer Lisa Barker to lead a team of eight youth to create six original pieces of public art over a twelve-week period. The team explored the entire artistic process including brainstorming creative ideas, researching existing public works of art, sketching design concepts and finally, painting the murals.

"We have so many incredible public art pieces in the Rochester area," said Kendra Hayle, northwest area

coordinator for the City of Rochester's Department of Recreation and Youth Services and program coordinator. "We wanted to bring some of that beauty into our R-Centers. With Roc Paint Division, we were able to give our city youth an amazing opportunity for employment while at the same time adding more color and vibrancy to R-Centers with the murals they created."

In addition to creating art, the program provides youth with a positive, enriching, paid work experience. Several youth artists have never held a job before and have learned important workplace skills such as time management, teamwork, punctuality and personal responsibility.

"This has been a great opportunity," said Maribel Hernandez, artist and team youth worker. "I don't even feel like I am at work."

The program is currently gearing up for its second season which will begin in December 2016. To find out more about Roc Paint Division and follow the team's progress, visit rocpaintdivision.wordpress.com.

Top and bottom photos by Lisa Barker.





SOMETHING FOR **EVERYONE**

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 offer the popular After School in the Park Program in Cobbs 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. **For more information visit:** www.cityofrochester.gov/reonthemove 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 produce grown at R-Center gardens. Youth and families are also invited to take advantage of horticultural

workshops, projects and events such as 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 9-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 certified facilitators. Topics include goal setting, 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.

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. Members learn leadership skills, develop goals and strategies, participate as "youth experts" on local panels and plan conferences and special events. Youth governance

groups help to plan activities at R-Centers across the city. Youth, adults, groups and other community organizations are welcome. **For more information, visit** www.cityofrochester.gov/YV0V 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.**

Danforth Seniors

Come and join neighborhood senior citizens 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.**

*The Department of Recreation and Youth Services offers activities for youth ages six and over. A responsible person must accompany, and remain with, any child under six. Staff is not authorized to hold youth in most activities or on the premises. Parents may inquire about programs that are designed to allow staff to keep participants until a specific time. R-Centers also offers low-cost after school care options for children in grades K-6 through the After School in the Park program. **Call 428-6755 for more information.***

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 and Edgerton R-Centers. Visit: www.cityofrochester.gov/rocmusic or call 428-7149.

Open Basketball

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

Friday Family Fun Night

On Fridays, families can get together and enjoy a host of fun family oriented events like healthy living programming, creative arts, movies, dance parties and other fun events at the R-Centers. For more information visit or call your local R-Center.

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.

Schedule:

- 7-9 p.m. Tuesday, Nov. 15
Johnny Matt Band
- 7-9 p.m. Tuesday, Dec. 20
Gateswingers
- 7-9 p.m. Tuesday, Jan. 17
Music Makers
- 7-9 p.m. Tuesday, Feb. 14
Nostalgic Reunion
- 7-9 p.m. Tuesday, Mar. 7
Greece Jazz Band
- 7-9 p.m. Tuesday, Mar. 28
Rochester Metropolitan Jazz Band

R-Center Locations & Amenities



Playground



Outdoor Courts



Swimming Pool



Spray Park



Gym



Game Room



Teen Lounge



Fitness Center



Computer Lab



Summer Meals



Community Meeting Space



Performance Space

Southwest

Adams Street

Address: 85 Adams St. Phone: 428-7266 Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m.

Flint Street

Address: 271 Flint St. Phone: 428-7001 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. | Sat closed

Southwest

Humboldt

Address: 1045 Atlantic Ave. Phone: 428-7294 Hours: 2:30 - 9:30 p.m. | Sat closed

Frederick Douglass

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.

Northeast

Avenue D

Address: 200 Ave. D Phone: 428-7934 Hours: M-F, 2:30 - 9:30 p.m. | Sat 10 a.m. - 5 p.m.

Carter Street

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

David F. Gantt

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

Northwest

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. | Sat closed

#17 School

Address: 158 Orchard St. Phone: 428-3636 Hours: 5 - 9:30 p.m. | Sat closed

#42 School

Address: 3330 Lake Ave. Phone: 428-7829 Hours: 2:30 - 9:30 p.m. | Sat closed

Special Events



New Year's Eve Celebration

Saturday, Dec. 31, 2016

Light up your New Year's Eve with FREE fun for the entire family!

Family New Year's Eve Party

Ring in the new year at the Joseph A. Floreano Rochester Riverside Convention Center, 123 E. Main St. from 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 and more. Meet a popular princess and snowman character along with your favorite superhero! The City's Rec on the Move staff will also have fun and crafts for the kids. Snacks and beverages available for purchase.

Ice Skating at the MLK Rink

Head over to Dr. Martin Luther King Jr. Memorial Park Ice Rink from 5 – 9:30 p.m. for free ice skating! Skate to music by Beale's Rock & Roll Review. Family skating is available from 5 - 7 p.m., adult only skate runs from 7:30 – 9:30 p.m.

New Year's Eve Fireworks Display

Enjoy a spectacular fireworks display at 10 p.m.

Free Parking

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. 6, Feb. 3 & Mar. 3: from 7:20 - 8:50 p.m. Free skating (Rental fee for skates available \$3.00).

Friday Night Late Skate

Jan. 6, Feb. 3 & Mar. 3: 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 night out with friends. Regular fees apply.

MLK Skate to Commemorate

Jan. 16: 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. \$2 admission fee waived with the donation of two non-perishable hygiene, cleaning or household items.

Sweetheart Skate

Sat., Feb. 14: 6 - 8 p.m. In the mood for love? Go skating with your loved one and make this Valentine's 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. \$4 per couple.

St. Patrick's Day Celebration

Sat., Mar. 11: 1:50 - 5:10p.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. 11 & Sun., Feb. 12

Celebrate Winter at the 33rd annual Lakeside Winter Celebration at Ontario Beach Park. This year, the celebration will feature a wide array of activities including the 6th Annual Lake Ontario Wine and Craft Beer Festival and the "Polar Plunge". Charlotte area merchants will offer specials and discounts all weekend.

This event is organized by the all-volunteer Ontario Beach Park Program Committee and sponsored by the City of Rochester, Monroe County, Harbortown Merchants Association and Wegmans.

Saturday, Feb. 11, 1 - 6 p.m.

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

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

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

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

Flower City Feeling Good

WINTER ADVENTURES



Visit: www.cityofrochester.gov/winteradventures

Get out, be active, discover nature and get a breath of fresh air! Enjoy the great outdoors. Have fun, get in shape and make some new friends along the way.

Saturday Garden Talks

The City is proud to partner with Master Gardeners from Cornell Cooperative Extension of Monroe County to offer FREE garden talks at Rochester Public Library locations around the city. Check out the garden talks below and expand your gardening knowledge this winter!

Saturday, Jan. 7. Birds, Bees and Butterflies Attracting Pollinators to Your Landscapes. Charlotte Library, 3557 Lake Ave. 10:30 - 11:30 a.m.

Saturday, Jan. 21. Gardening with Perennials. Lyell Library, 956 Lyell Ave. 11 a.m. - 12 p.m.

Saturday, Feb. 4. Getting Down and Dirty: Composting in your Home Garden. Arnett Library, 310 Arnett Blvd. 10:30 - 11:30 a.m.

Saturday, Feb. 25. Preserving Nature's Bounty: Soups, Dips and Sauces from Dried Plants. Monroe Public Library, 809 Monroe Ave. 10:30 - 11:30 a.m.



Weekend Park Hikes

Explore all that the outdoors has to offer. Bring your family and friends for a wonderful winter hike. Most hikes are in collaboration with the Genesee Valley Hiking Club. Dress for the weather and wear appropriate footwear. **All hikes start at 10 a.m.**

Monday, Dec. 26. Durand Eastman Park-West Side Moderate 5-6 mile hike. Joint hike with the Rochester Hiking Meetup Group. Meet in the golf course parking lot off King's Highway.

Monday, Jan. 2. Durand Eastman Park-West Side Moderate 5-6 mile hike. Joint hike with the Rochester Hiking Meetup Group. Meet in the Golf Course parking lot off King's Highway.

Sunday, Jan. 15. Seneca Park. Moderate ~6 mile hike. Meet in the main Zoo parking lot (park as far away as possible from the Zoo entrance).

Sunday, Jan. 22. Cobb's Hill Park & Washington Grove. Moderate, hilly 5 mile hike. Meet in the parking lot in Cobb's Hill Park on Norris Drive, just off Culver Road.

Sunday, Feb. 5. Genesee Valley Park. Meet in the parking lot of the Genesee Waterways Center, off of Elmwood Ave.

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!

Dates: Wednesdays: Dec.14, Dec. 28, Jan. 11, Jan. 25, Feb. 8 and Feb. 22.

Registration: 6:45 p.m.

Races Start: 7:15 p.m.

Prices: One Race- \$13.00; \$50.00 for all races. Increased registration fee after 12/13.

For more details and to register, please visit yellowjacketracing.com.

Passport to Family Wellness

The "Passport to Family Wellness" brochure is a great way to learn about parks and trails in the region. Submit your completed passport for a chance to win prizes including a \$100 Wegmans gift card.

Pick up the City of Rochester Passport to Wellness at the City of Rochester Public Market Office, Genesee Valley Park Sports Complex and the Department of Recreation Offices at 400 Dewey Ave.

Snowshoe Rentals

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

Rates: \$10 per/day or \$15 per/weekend.

For more information or to reserve snowshoes call: 428-8820.

ATHLETICS & Aquatics



Leagues & Lessons

Lifeguarding Prep Class

Aspiring lifeguards 15 and over can build their swimming skills in preparation for lifeguarding classes in March. Prep Classes start on Tuesday Dec. 6 and run every Tuesday till Feb. 14 (Except during December School break 12/27). Registration is available on an ongoing basis.

Call 428-7456 for more information.

Lifeguarding Class

Become a City of Rochester lifeguard and earn great pay this summer. Classes are held March 7 - May 4 on Tuesdays and Thursdays from 6:30-9:30 p.m. No classes on 4/18 and 4/20 due to School Recess. May 8 -13 on Mon-Fri. 5:30-9:30 p.m. and Sat. 10 a.m.-3 p.m.

Registration Fees: City Students, free Non-City Student \$75, Adults \$125.

Recertification classes are held on Tues - Thurs. 6:30- 9:30 p.m. on May 16 - 18 or May 23 - 25.

Registration Fee: Students and Adults \$75 * Required book and mask are not included in registration fee.

Rochester Rapids Swim Team

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

Swim Lessons

Become a skilled swimmer and seize the opportunity to enjoy the water. Sessions are Dec. 9 to Jan. 21 and Feb. 17 to March 25 on Friday nights 6 - 8 p.m. or Saturday mornings 10 a.m. until noon. **Call 428-7456 for more information.**

R-Centers Basketball League

Youth ages 10 - 15 are invited to participate in a city-wide competitive basketball league at R-Centers during the week. Players ages 10 and up play on Monday and Wednesday nights. Players ages 13 and up play Tuesday and Thursday nights. League play begins the week of February 27. **Visit your neighborhood R-Center to register.**

County-Wide Basketball League

Girls and boys ages 6 - 12, from across Monroe County are invited to participate in a developmental and intermediate level basketball league. Participants not playing on R-Center teams can register on Jan. 7, 14 and 21 at the Thomas P. Ryan R-Center from 11 a.m.-1 p.m. Player evaluations and draft will be held in Feb. at the Ryan R-Center. Practice begins on Feb. 13. Season begins March 4. Game times vary between 11 a.m. - 3 p.m. on Saturdays.

Registration Fees: \$30 per person
Call 428-7592 for more information.

Youth Floor Hockey

City-wide indoor hockey for youth ages 15 and under, supported by the Rochester Amerks. Season begins Dec. 6. Game Days are Tuesday, Wednesday & Thursday and are held at Adams St. Carter St. and Frederick Douglas R-Centers. Game times are 5:30, 6:30 or 7:30 p.m. Participating R-Centers include: Adams St., Ave. D, Campbell, Carter, Flint, Gantt, Roxie Sinkler, Ryan and #42 School. **Call 428-6755 for more information.**

Youth Wrestling

Sponsored by the City-Catholic Wrestling Association, R-Center youth are exposed to one of the world's oldest sports at the Ryan R-Center (Mon. & Wed. 6 - 8 p.m.) and Roxie Sinkler R-Center. (Tues. & Thurs. 6 - 8 p.m.) Open to youth ages 8 - 14. **Call 428-7721 (Ryan R-Center) 428-7827 (Roxie R-Center) 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. 7 to Feb. 11. Students will enjoy a 20-minute group lesson and additional 40-minute practice time. Lessons are open to youth ages 4-15. **Call 428-7541 to register.**

NFL Flag Football

Look for 5-on-5 NFL flag football competition to begin in late spring 2017. **Call 428-7592 for more information.**

Ice Skating

Genesee Valley Ice Arena

The GVP Sports Complex, located at 131 Elmwood Ave., hosts a newly renovated ice arena perfect for all ages. The arena is available for open skating as well as sports programs including ice hockey leagues and speed skating. Book your next skating party too. The arena remains open until April 1, 2017. **Adults interested in leagues should call 428-7888.**

2016-17 Ice Arena Schedule

Open Skate

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

Adult Skate (Ages 18+)

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

**Special Event: Skate w/Santa Sunday
Dec. 18, 1 - 2:15 and 2:30 - 3:45 p.m.**

Dr. Martin Luther King Jr. Memorial Ice Skating Rink

The outdoor ice skating rink, located at 353 Court St. in the heart of Downtown, is the perfect place for a family outing. **New this year, skaters can enjoy riding new ice bikes.** The rink is also available for rent. The skating season runs through March 11, 2017.

2016-17 Rink Schedule

Open Skate

- Monday-Friday: 12 - 1:30 p.m.,
3:40 - 5:10 p.m., 5:30 - 7 p.m.
& 7:20 - 8:50 p.m. *(Rink rentals may preclude open skate on Tues., Wed., & Thurs.)*
- Saturday: 12 - 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 Adams St. David F. Gantt, Frederick Douglass, Avenue D and Flint Street R-Centers. These locations have Blood Pressure Pulse machines so you can keep an eye on your heart health and automated external defibrillators for your safety. **Call individual R-Centers for times and equipment availability.**



Swimming

Adams Street Indoor Pool

This 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, 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 major renovations recently to improve lighting and ADA accessibility improvements. **For more information, call 325-4910.**


Dr. 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 10, 2017. **For more information, call 428-7888.**



After School In The Park

Extended Learning. Expanded Fun!



Throughout the school year, the City of Rochester's After School in the Park Program provides an engaging and nurturing after school environment for youth in grades K-6.

After School in the Park offers fitness, educational and arts activities, field trips, homework help and a free hot dinner, all in a warm and inclusive atmosphere. This school year, the program will run weekdays, September 12 through June 22, from 2 - 6:30 p.m. The cost is \$55 per week for city youth; \$45 per week for siblings. For just \$85 per week, youth can attend the program during the winter and spring school recesses from 8:30 a.m. - 5 p.m. Parents can arrange with the City School District for bus transportation to the ASIP Program.

To Register Call 428-6755