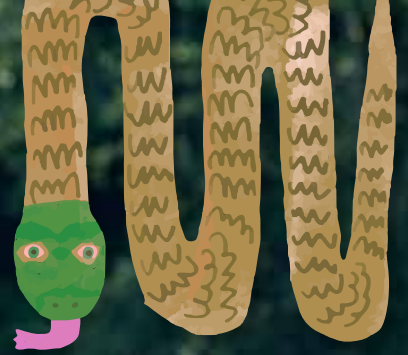


R GUIDE

Summer 2024



REGISTER TODAY
Programs Begin July 1

Let the
adventure
begin!



Malik D. Evans, Mayor
City of Rochester, NY • Rochester City Council

Welcome!



Summer is a time for children to be children and create memories that will last a lifetime, and that's what the City of Rochester's R-Centers have to offer.

Whether you like swimming, hiking, gardening, sports, or any of the hundreds of activities we have in store, children and families will have no trouble keeping physically active, mentally engaged, and emotionally supported all summer long.

Discover a new hobby, connect with nature, or simply have fun outside. City R-centers are filled with joy, laughter, and unforgettable memories, and our caring and dedicated staff and community partners are ready and waiting to welcome you and your family. Their creativity and friendly smiles make our R-Centers special.

Now, get ready for summer and take full advantage of the many wonderful opportunities available at City R-Centers this season.

Mayor Malik D. Evans



Splash the heat away in a spray park. Play some tag. Ride a bike.

These are just some of things you can do at the City of Rochester R-Centers this summer to fill your days with fun and friendship with just a little bit of fitness and learning snuck in.

Children love their long break from school. But that doesn't mean they should take a break from healthy living and learning.

The City's Summer Recreation Programs offer a host of activities for children to keep their minds sharp and their bodies fit while also experiencing the childhood joys of summer vacation. Many R-Centers also provide free meals to help children maintain proper nutrition through the summer.

And there are plenty of programs for the whole family to enjoy together. Flip through these pages and see for yourself. I guarantee you'll find something special for each one of you to enjoy.

Commissioner Shirley JA Green



SUMMER PROGRAMS RUN JULY 1 – AUGUST 31

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. In 2023, the fee structure has changed for the 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 are \$5 per program for non-resident participants.

Department of Recreation and Human Services
Dr. Shirley JA Green, Commissioner

Contact Us 57 St. Paul St. • Rochester, NY 14604
Phone: (585) 428-6755 • 9 a.m. to 5 p.m., weekdays
Permits Office closed from 1 to 2 p.m. for lunch



Hop, skip, and jump into summer!



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KEY:

R-Center Amenities

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



Nature's Playground: Discovering the Great Outdoors



"Nature is the greatest teacher."

– George Washington Carver

Given all the benefits that playing outside in nature has to offer, from better health to improved learning to greater appreciation for the environment, one would think this free and universally available resource would also be universally accessible to all children regardless of race or class.

Unfortunately, that's not the case. A growing body of research is finding that children from low-income families and children of color spend less time outdoors than their affluent and white counterparts. As a result, they're more likely to experience Nature Deficit Disorder, a condition that can compromise their physical and mental health and reduce their exposure to life lessons that help them become successful adults.

"The Nature Gap is real, and our children are

paying the price," said Dr. Shirley Green, Commissioner of the Department of Recreation and Human Services. "That's why we're making a deliberate effort to close that gap with the resources of our R-Centers. Playing outside and engaging with nature is a fundamental human right that we are committed to providing all of our children, regardless of race or class."

Reasons for the Nature Gap include the disproportionate presence of high-traffic roads and expressways in redlined neighborhoods; lack of investment in nature-based amenities in low-income neighborhoods; and high levels of crime in minority neighborhoods that discourage outdoor play. Studies show that children who experience Nature Deficit Disorder experience a host of disadvantages, including higher levels of stress, increased likelihood of chronic health conditions

like asthma or allergies, and are less likely to develop life-long habits for physical activity and nutritious diets.

To reverse this reality, the City of Rochester is one of a handful of U.S. cities that have adopted a Children's Outdoor Bill of Rights, which defines a list of 12 outdoor activities that all children should be able experience, including following a hiking trail, camping or observing the night sky.

"When I was a kid, my friends and I practically lived in my backyard and did these activities all the time, and we just thought this is what kids do," said Amanda Little, the City's Environmental Educator. "But when you see them spelled out on list of rights like this, it really makes you think about how important they are and how fortunate you are if playing outside was part of your childhood. It makes you want to make sure they're part of every kid's childhood."

This summer's R-Guide kicks off a year-round Children's Outdoor Bill of Rights scavenger hunt that encourages children, ages 6 to 12, to complete all 12 of the Outdoor Rights by participating in City recreation programs.

Simply look for the **Leaf Icon** among the programs and events on these pages to find an activity that



Look for the **Leaf Icon** among the programs and events on the following pages to find an activity that will fulfill one of the Outdoor Bill of Rights.

will fulfill one of the rights.

Children who attend an Outdoor-tagged event will receive a water bottle to begin collecting stickers that match each of the rights. Children who collect all 12 stickers on their water bottle will win an Adventure Gear Backpack with items such as binoculars to encourage discovery in nature and continued fun outdoors.

As the City's Environmental Educator, Amanda manages the Earth Explorers program that is offered in several City R-Centers and gives children ages 6 to 12 opportunities to fulfill all of the Outdoor Rights by participating in such activities as growing food in an on-site garden, taking paddling lesson on the Genesee River or conducting science experiments based on natural phenomena.

"We have kids who are actually afraid to go outside when they come here because they have good reasons to stay inside when they're home," Amanda said. "But within two or three days they go from being afraid of bugs in the garden to letting them crawl all over them. It's just the best feeling in the world to give a child the gift of the outdoors."



NO CHILD LEFT INSIDE

ROCHESTER Children's Outdoor Bill of Rights

The **Rochester Children's Outdoor Bill of Rights** establishes that every child in Rochester shall have the opportunity to:



To learn more, visit CityofRochester.gov/COBOR or contact Amanda.Little@cityofrochester.gov

R-Signature Programs



Some of our programs are so great, we just had to offer them in multiple locations! We've compiled all R-Center Signature Programs in one place to make it easy for you to find a location that suits you best.

Summer Play Days: Whether we're hiking, biking, swimming, crafting, gardening, or playing field games, there's tons of fun in store this summer at the R-Centers and beyond. Join in every weekday. Breakfast and lunch are served. Register at R-Central. Visit CityofRochester.gov/R-Central



Ages 6-17

summer PLAY days

JULY 1 - AUGUST 23

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

BREAKFAST AND LUNCH SERVED

M-F, 8:30 a.m. - 5:30 p.m.

Nature Walks Sports Leagues Swimming Crafting Field Trips	Gardening Outdoor Games And More!
---	---

FREE

R-Stars Program: The R-Stars Program is a free, open recreation program that provides a fun and nurturing after school environment. Participate in a variety of recreational activities to stay safe and engaged after school. Email RCenterinfo@cityofrochester.gov for more information.

R-Teens Program:

R-Teens is a free, open recreation program. Enjoy sport and fitness activities, dance and step, gaming, socializing with friends, field trips, special events and more! Email RCenterinfo@cityofrochester.gov for more information.



Young People Advancing Forward: In this youth development group, advance your life through skill building, educational workshops, service learning, field trips, and more.



Youth Voice One Vision: Learn to use your voice, implement R-Center programs and activities, and engage in social events that build community engagement.



Fun Fact

Anyone who enjoys walking in flower-filled fields or spending time gardening in their backyard will likely know that summer is the best time to spot butterflies. Monarch butterflies, with their orange and black wings, spend the summer months in North America before migrating south (or sometimes west) for the winter.

FITNESS CENTER HOURS

Adams

85 Adams St.
M-F, 9 a.m. – 7 p.m.
Sat., 10 a.m. – 4 p.m.

David F. Gantt

700 North St.
M-F, 9 a.m. – 7 p.m.
Sat., 9:30 a.m. – 4 p.m.

Frederick Douglass

999 South Ave.
M-F, 9 a.m. – 7 p.m.

Trenton & Pamela Jackson

485 N. Clinton Ave.
M-F, 10 a.m. – 7 p.m.

Willie W. Lightfoot

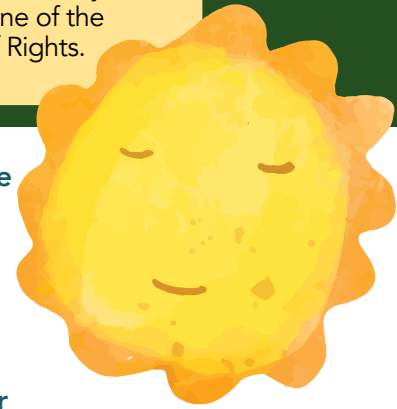
271 Flint St.
M-F, 9 a.m. – 7 p.m.
Sat., 10 a.m. – 4 p.m.



R-Select Programs



Look for the **Leaf Icon** among the programs and events on the following pages to find an activity that will fulfill one of the Outdoor Bill of Rights. See page 5.



Rochester's R-Centers share many similarities yet still have their own unique personality. Each center offers a variety of custom activities, courses, teams, clubs, leagues, and groups to ensure members have a great time while nurturing their minds and bodies.

As a registered R-Center member, you have the flexibility to participate in any program at any center, regardless of its location. Take a look at the summary index of R-Select Programs in the following pages to discover activities that align with you and your family's interests. After that, simply visit the R-Center page where the program is offered to find schedules and contact information.

Youth Programs: Stay physically active and mentally engaged after school

Life Skills and Friendship Development: *Learn and practice life skills to form healthy friendships and prepare for a lifetime of growth and learning.*

- **Home Ec at the Rec:** Learn life skills and plan for your future. **Avenue D, Cauldwell**
- **Be Proud, Be Responsible:** Equip yourself with the tools to navigate your teen years with confidence and care. **Carter**
- **Mindfulness:** Discover your inner peace with our mindfulness program designed specifically for ages 8-12. Through guided sessions, learn simple mindfulness techniques to help reduce stress, increase focus and promote overall well-being in a nurturing and supportive environment. **Douglass**
- **EmpoweRise:** Join fellow young men for a program designed to foster social and emotional wellbeing through life's transitions. **Carter**
- **Young Men's Group:** Join fellow young men to communicate about day-to-day challenges and situations. **Ryan**
- **Boys Youth Group:** Equip yourself with life skills and learn how to advocate for yourself, as well as what it means to have great character and how to lead a positive lifestyle. **Lightfoot**
- **Girls Youth Group:** Equip yourself with life skills and learn how to advocate for yourself, as well as what it means to have great character and how to lead a positive lifestyle. **Lightfoot**
- **Roll Call:** Start your morning after breakfast with basic exercises, reminder of rules, Simon Says, and positive affirmations. **Ryan**









- **Hair Cuts with Jammer:** Need a trim? Jamere is here for you. **Ryan**
- **Trail Mix Club:** Focused on the well-being of our younger youth through healthy outlets of play and creativity. **Carter**

Gaming and Interest Clubs: *Learning and engaging through healthy play.*

- **Game Masters:** Do you enjoy board games, card games, or video games? Join us for fully interactive activity of different gaming and master all the different games. **Adams**
- **Darts with David:** Learn how to play a classic game of Darts. **Carter**
- **Chess Club:** Learn how to play chess and strategize against your opponents. **Ryan**
- **Coding and Legos:** Discover coding and Lego building. **Jackson**



Nature and Outdoor Activities: *Discover yourself through the world you live in.*

-  **Earth Explorers:** In this nature-based program, immerse yourself in the amazing natural world around you. Centered on the Children's Outdoor Bill of Rights, activities include RocVentures rock climbing sessions, fall field trips, indoor STEAM activities, and more! **Edgerton, Ryan, Jackson, Gantt, Carter**
 -  **Bike Trail Rides:** Let's hop on our bikes and discover some new trails while exercising. **Cauldwell**
 -  **Nature Trail Walks:** Embark on walks along neighborhood trails exploring the beauty of nature. **Avenue D**
 -  **Gardening:** Cultivate your love for plants and nature. From learning the basics of planting to exploring sustainable gardening practices, our hands-on sessions promise fun and growth for every young gardener. **Douglass**
 -  **Hike Rochester:** 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 one in the area. **Douglass**
 -  **Hiking:** Go for hikes through some of our beautiful parks in and around the Greater Rochester area. Limited spaces each week. **Carter, Ryan**
 -  **Fishing:** Come learn a lifelong skill of fishing as we tour some of the hidden gems of fishing holes in and around the Rochester area. **Adams, Ryan**
 - **Weekly Swimming:** Take weekly trips to pools throughout Rochester and enjoy the water. Limited spaces each week. **Carter**
 -  **Beach Day:** Join us for a trip to Durand Eastman beach, go swimming, and build sand castles. Limited spaces each week. **Carter**
 - **Slip and Slide Fun:** Cool off from the summer heat while sliding down the slip and slide at the Carter Street R-Center. **Carter**
- Open Sports and Play:** *Sharpen your game through Open Rec: Enjoy the R-Centers' world class athletic facilities during unstructured hours.*
- **Volleyball:** Engage in open volleyball with competitive games. **Avenue D, Ryan**
 - **Open Gym:** Enjoy open gym with two available activities set up for you to take your pick. **Douglass, Lightfoot**
 - **Outdoor Sports Games:** Come join us for some pick up outdoor sports such as flag football, soccer, kickball, and more. **Carter**

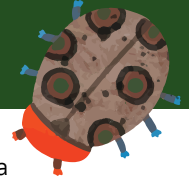
- **Outdoor Group Games:** Try your hand at classic and modern games such as mat ball, dodgeball, ultimate Frisbee, and kickball. **Avenue D**
- **Retro Play:** Come enjoy the simple pleasures and friendly competition reign supreme, reminding everyone that sometimes, the best way to have fun is to embrace the classics such as dodgeball, kickball, and capture the flag. **Adams**
- **Youth Sports Program:** Get active through a youth sports program designed to build stronger relationships among peers through physical activity. **Gantt**
- **Let's go Thursday:** Youth will go on various outings. **Cauldwell**

Teams, leagues, and organized play: *Learning resilience through healthy competition.*

- **High School Elite Basketball League:** Use your basketball skills to compete in an elite league. **Jackson**
- **In-House 12u & 15u Basketball League:** Want to play in a fun organized basketball league for the summer? All of teams are made up of youth that attend our daily program. **Carter**
- **Softball:** Softball practices and league games. **Avenue D**
- **Biddy Basketball:** Have fun in basketball instructional sessions and games. **Adams, Jackson**
- **Soccer:** Enjoy fun and competitive soccer games. **Carter**



R-Select Programs



Coaching and Training: *Striving for excellence in favorite sports.*

- **Charles Murray Boxing:** Discover the rewards and discipline of boxing through regular training and matches. **Jackson**
- **Sports Skills Training:** Engage in cardio training and body weight workouts to stay in shape and help you with any sport you play. Different workout variations will build endurance, strength and flexibility. **Douglass**
- **Basketball Training:** Learn some basic and new basketball drills to show them off on the court using your skills. **Ryan, Lightfoot**
- **Sports & Fitness Program:** Build stronger relationships with peers through physical activities. **Cauldwell, Gantt**

Educational Enrichment: *Preparing for a lifetime of learning.*

- **R-Enrichment:** Looking for a fun way to keep your brain working out for the summer? Come join us for some interactive activities that will put your brain to work and keep your skills up for the summer. **Adams**
- **Current Events:** In these classes, engage in in-depth discussions about current events that include sports, city news, national news, worldwide news, social media, business, and more. It is a chance to give your opinion and express how you feel about current events going on in the world. **Douglass**
- **STEM:** Explore innovative projects in Science, Technology, Engineering, and Math (STEM) in this seven-week program that will have you on the edge of your seat! **Adams**
- **Anatomy:** Come learn about anatomy and functions of the body with London at the Frederick Douglass R-Center. Ages 10-13 can take part in this fun and interactive learning through with the use of flash cards and books. **Douglass**
- **Attain Lab:** Strengthen your digital skills through computer education and programming. **Jackson**
- **Computer Lab/Library:** Enhance reading and communication skills in a fun, educational way. **Ryan**
- **Jeopardy:** Have some summer fun while still learning, while playing Jeopardy. Categories includes education, fun facts, TV shows, and movies. **Douglass**

- **YVOV One Mic:** Youth will be given a safe space to express themselves through activities of self-discovery. **Gantt**
- **ROC Music:** Youth will foster a greater love of music through artistic expression as they learn how to manipulate the language of the new technology. **Gantt**

Cooking and Nutrition: *Preparing delicious and healthy meals at home.*

- **Youth Baking Class:** Culinary program offers a hands-on demonstration of culinary arts as you explore and create preparing food. **Avenue D**
- **Cheffing it up:** Discover basic cooking skills, recipes, measurements, and flavorful foods. **Cauldwell**
- **Top Chef:** Discover hands-on demonstrations of culinary arts to explore the career field and enjoyment of preparing food. **Gantt**





Arts and Crafts: *Expanding the mind with creativity.*

- **Arts & Crafts:** Explore unique forms of artistic expressions. **Gantt, Carter**
- **Crafts and Things:** Get creative with traditional and outside-the-box arts & crafts. **Avenue D**

Dance Classes and Teams: *Making friends to favorite rhythms and beats.*

- **Performing Arts Program and Stage Play Creation:** Raise the curtain! It's time to discover the many different elements of stage play performance and development. **Gantt**
- **Youth TikTok Dance Fun:** Have fun learning the newest TikTok dances. **Cauldwell**
- **Just Dance Fitness Class:** The Dance Revolution is back. Join us for social dance fitness. **Cauldwell**



Adult Programs:

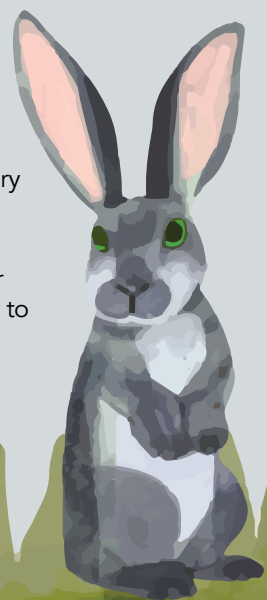
Opportunities for physical fitness, social engagement, and continued learning.

Sports and Fitness

- **Adult Basketball:** Get fit and build relationships through basketball. **Gantt, Douglass**
- **Pickle Ball:** Try the new sport that is quickly becoming the new craze. **Ryan**
- **Open Gym:** Enjoy open gym with two available activities set up for you to take your pick. **Douglass, Lightfoot**
- **Adult Open Basketball:** Come shoot some hoops or play pickup games of basketball. **Ryan**
- **Adult Women's Hula Hoop Fun:** Come and have some Hula Hoop fun with other peer adults. This fun can also be used as a fitness workout with the use of music and good vibes. **Douglass**
- **Women's Open Basketball:** Build skills and unity. **Ryan**
- **Queens in Charge:** Get moving alongside fellow women in this fitness training. **Jackson**
- **Soul Fitness:** Get on your feet and enjoy line dances that everyone can learn. **Ryan**
- **Charles Murray Boxing:** Discover the rewards and discipline of boxing through regular training and matches. **Jackson**
- **Darts:** Come play a classic game of Darts, Cricket, 501, or 301. **Cauldwell**

Continuing Education, Networking Fellowship

- **Daughters of Thunder:** Join fellow women for a journey of self-discovery that promotes unity, self-worth, and healing. **Gantt**
- **Career Exploration:** Explore career opportunities through learning how to achieve security guard certification and how to obtain your commercial driver's license (CDL). **Gantt**



R-Camps

EVERY DAY IS AN ADVENTURE!

RCAMPS
CITY OF ROCHESTER

Youth
Ages
5-11
(K-5)



Make it a Summer to Remember!

City of Rochester R-Camps offer exciting summer adventures for youth ages 5-11. Running from **July 1 to August 23**, the camps operate Monday through Friday, from 8:30 a.m. to 5:30 p.m. Activities include group games and outdoor fun, arts, dance, nature exploration and field trips.

Conveniently located at Humbolt R-Center, Genesee Valley Field House, and Tay House Lodge, these camps are available at an unbeatable price: \$125 per week for City residents and \$175 per week for non-City residents. Financial support is available at monroecounty.gov/hs-daycare.

CONTACT: Daneria.Chambers@cityofrochester.gov



Rcentral online

Register at R-Central. Visit CityofRochester.gov/R-Central



Rec on the Move

The Recreation on the Move mobile program brings the offerings and benefits of City R-Centers right to City parks and greenspaces. Through fun and engaging activities, the ROTM mobile team offers youth and their families a safe and comfortable neighborhood. For more information, please contact arianna.thomas@cityofrochester.gov.



AGES 6+

JULY 1-5

Grand Avenue
2 – 6 p.m.

JULY 8-12

Fourth & Peck
2 – 6 p.m.

JULY 15-19

JP Riley
2 – 6 p.m.

**JULY 29-
AUG. 2**

Troup Street
2 – 6 p.m.

AUG. 5-9

Marie Daley Park
2 – 6 p.m.

AUG. 12-16

Don Samuel
Torres
2 – 6 p.m.

AUG. 19-23

Maplewood Park
Rose Garden
2 – 6 p.m.

AUG. 26-30

Bronson Playground
2 – 6 p.m.

Register **NOW!** Today!

Explore
Rcentral online
Discover
Connect!

USE YOUR PHONE TO SCAN THE CODE AND GET STARTED!

- Search, view, explore, enroll, and pay for recreation programs, camps, leagues, activities, and more!
- View, reserve and pay for rental facilities including lodges, ballfields, courts, rinks, and other recreation amenities.

START HAVING FUN TODAY!

Visit cityofrochester.gov/R-Central/
Questions? Call (585) 428-6755



Take advantage of all the benefits R-Central has to offer! Register and sign up for all the fun programs included in this book, and more.

Adams Street

R-CENTER

85 Adams St. • 428-7266 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 7:30 p.m.
Sat. 9:30 a.m. – 4:30 p.m.



(see page 3 for key)

R-Signature Programs

(Details on pages 6 & 7)

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Call Adams R-Center for times.

Youth Voice One Vision: Ages 10-17. Wed., 4:30 – 5:30 p.m.

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

R-Select Programs *(Details on page 8-10)*

Retro Play: Ages 6-17. Mon.-Fri., 10 – 11 p.m.

Biddy Basketball: Ages 6-11. Sat., 10:30 – 11:30 p.m.

Game Masters: Ages 6-17. Mon.-Fri., 1 – 2 p.m.

R-Enrichment: Ages 6-17. Mon. & Wed., 2 – 3 p.m.

Fishing: Ages 6-13. Thu., 1 p.m. End time varies.

STEM: Ages 13-17. Tue., 1 – 2 p.m.

Dr. Kamae Martial Arts: Ages 6-12. Sat., 11 – 1 p.m.



**CONNECTING &
CREATING CHANGE**

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

Offering youth and families social-emotional and wellness support to:

- ✓ Connect children and families to resources
- ✓ Help improve skills to cope with challenges
- ✓ Collaborate with other young people
- ✓ Offer onsite social learning

FOR MORE INFORMATION CONTACT:

Shaylin Cox at (585) 428-7913
Shaylin.Cox@CityofRochester.Gov



Avenue D

R-CENTER

200 Ave. D • 428-7934 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 7:30 p.m.
Closed Sat.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Call Avenue D R-Center for times.

Youth Voice One Vision: Ages 10-17. Mon., 3 – 4 p.m.

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

R-Select Programs *(Details on page 8-10)*

Home Ec at the Rec: Ages 6-17. Tue., 3 – 4 p.m.

Nature Trail Walks: Ages 6-17. Mon.-Thu., 11 – 1 p.m.

In-House Basketball League: Ages 14-17. Mon.-Wed., 4 – 6 p.m.

Crafts and Things: Ages 6-17. Mon.-Fri., 10 – 11 a.m., 3 – 5 p.m.

Kickball: Ages 10-17. Fri., 3:30 – 5 p.m.

Softball: Ages 13U & 10U. Fri., 1 – 2:30 p.m.

Outdoor Group Games: Ages 6-17. Fri., 11 – 12 p.m.

Baking Class: Ages 6-17. Wed., 1 – 2 p.m.

Volleyball: Ages 10-17. Thu., 1 – 2 p.m.

Fun Fact

The hottest days ever recorded in Rochester history landed a day apart in 1936. On July 9 and 10, the mercury reached a blistering 102 degrees. The July 1936 heat wave was far more serious than four straight days of records highs — including these two 102-degree days.

SAVE THE DATE: Saturday, Aug. 10 | 11 a.m. - 3 p.m.



DRHS FLOWER CITY
AmeriCorps
Programs Host Site
Community Fair

EDGERTON STARDUST BALLROOM

41 Backus Street

Please join us to learn more about Flower City AmeriCorps programs, host sites, and civic service opportunities.

Flower City AmeriCorps programs offers a year-long apprenticeship in the field of human services and public health. Our programs are designed to inspire and prepare the next wave of human service and public health professionals. Over the course of the year members will be provided with the skills, information, and experiences they need for career success.

Fun

and

Food

and

Education

open to the public

For more information contact:

Nijay.Harris-Henry@CityofRochester.gov or
Walida.Monroe@cityofrochester.gov



Carter Street

R-CENTER

500 Carter St. • 428-7890 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 7:30 p.m.
Closed Sat.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Call Carter Street R-Center for times.

Youth Voice One Vision: Ages 10-17. Tue., 4 – 5 p.m.

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

R-Select Programs *(Details on page 8-10)*

Arts & Crafts: Ages 6-15. Mon., 10 – 11 a.m.

Reading under the Tree with Jess: Ages 6-15. Tue. & Wed., 10 – 11 a.m.

Hiking with Joe: Ages 8-15. Tue., 10 a.m. End time varies.

Soccer with Eski: Ages 6-14, 11-16. Mon.-Thu., 6 – 8 p.m.

Weekly Swimming: Ages 8-15. Mon., 1 – 3 p.m.

Beach day: Ages 8-15. Tue., 1 – 3 p.m.

Slip and Slide fun: Ages 6-17. Thu., 1 – 3 p.m.

Outdoor Sports Games: Ages 6-15. Mon. & Wed., 2:30 – 4 p.m.

In-House 15u Basketball League: Ages 13-15. Tue., 2:30 – 4 p.m.

In-House 12u Basketball League: Ages 8-12. Thu., 2:30 – 4 p.m.

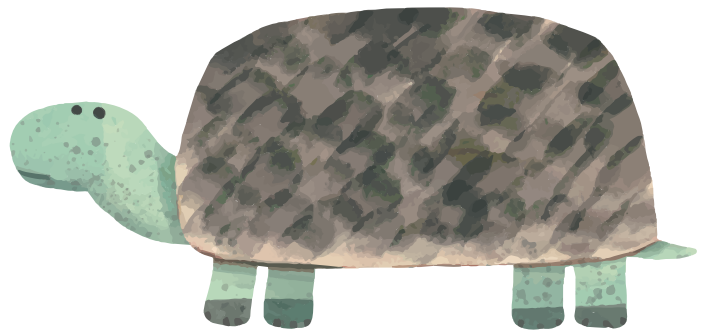
Be Proud, Be Responsible: Ages 13-14. Mon., 3 – 4 p.m.

EmpowerRise: Ages 13-17. Wed., 3 – 4 p.m.

Trail Mix Club: Ages 8-12. Mon. & Wed., 11 a.m. – 12 p.m.

Darts with David: All Ages. Mon. & Wed., 5:30 – 7 p.m.

Earth Explorers: Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12. Wed., 1 – 2 p.m.



SUMMER HILLSIDE YOUTH EMPLOYMENT TRAINING ACADEMY (YETA)

FACILITATED BY HILLSIDE **FOR YOUTH 13-18**

Join us for this youth workforce development program.

YETA is a 24-hour job readiness training program that teaches youth about work expectations, effective communication, job interview skills, and how to write a resume and cover letter.



For more information email:
ROCMBK@CityofRochester.GOV
To register today visit:
<https://forms.office.com/r/ddUsmd47q3>

Week 1: July 15 – July 18

Week 2: July 29 – Aug. 1

Week 3: Aug. 12 – Aug. 15

Youth can only participate in one week of training.

Mon. – Thurs. 10 a.m. – 4 p.m.

Location: 57 St. Paul Street

**SIGN UP
TODAY!**



Tyshawn Cauldwell

R-CENTER

524 Campbell St. 428-7860 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 7:30 p.m.

Closed Sat.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 6 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Call Cauldwell R-Center for times.

Youth Voice One Vision: Ages 12-17. Mon., 6 – 7 p.m.

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

R-Select Programs *(Details on page 8-10)*

Let's Go Thursday: Ages 8-16. 1 p.m. End time will vary.

Cheffing It Up: Ages 7-13. Thu., 1 – 2 p.m.

Tik Tok Dance Fun: Ages 7-15. Mon. & Wed., 11 – 11:30 p.m.

Home Ec at the Rec: Ages 7-13. Tue. & Thu., 3:30 – 4:30 p.m.

Just Dance Fitness Class: Ages 7-13. Tue. & Thu., 1 – 2 p.m.

Bike Trail Rides: Ages 13-17. Wed., 11 a.m. End time will vary.

Sports & Fitness Program: Ages 7-13. Mon. & Wed., 1 – 3 p.m.

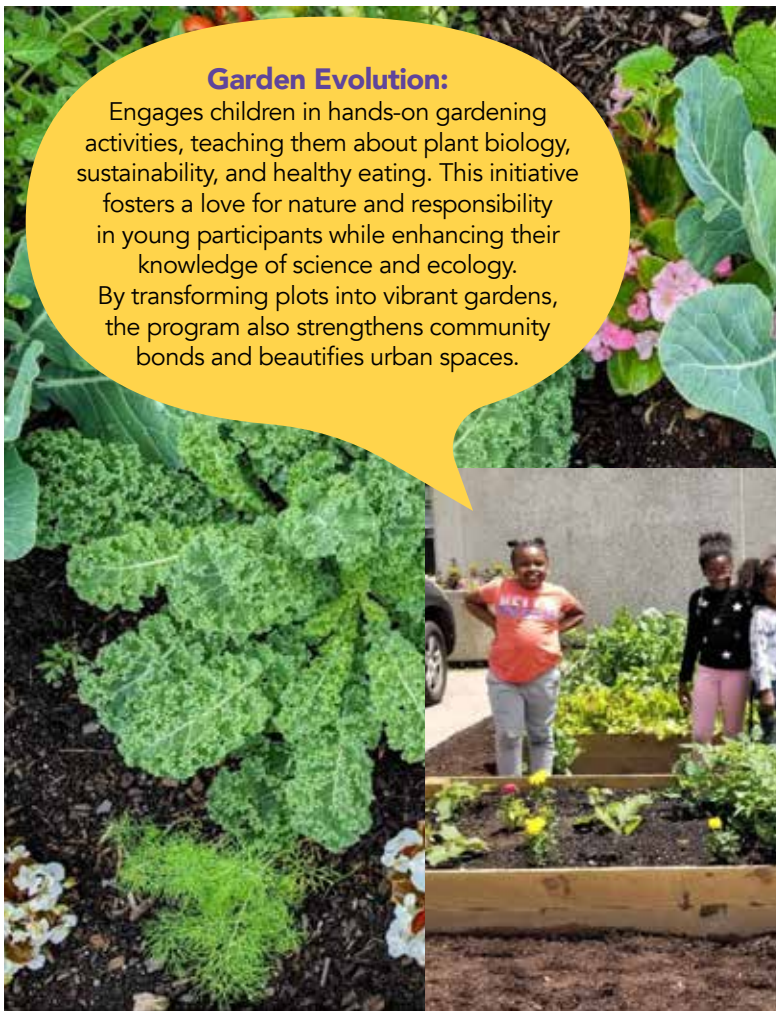
R-Select Programs for Adults

(Details on page 11)

Adult Darts: Ages 18+. Mon. & Wed., 5:30 – 7 p.m.

Garden Evolution:

Engages children in hands-on gardening activities, teaching them about plant biology, sustainability, and healthy eating. This initiative fosters a love for nature and responsibility in young participants while enhancing their knowledge of science and ecology. By transforming plots into vibrant gardens, the program also strengthens community bonds and beautifies urban spaces.



Frederick Douglass

R-CENTER

999 South Ave. • 428-6015 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 7:30 p.m.
Closed Sat.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Youth Voice One Vision: Ages 10+. Fri., 4:15 – 4:45 p.m.

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

R-Select Programs *(Details on page 8-10)*

Anatomy: Ages 10-13. Tue., 3 – 4 p.m.

Current Events: Ages 8+. Mon. & Tue., 11 – 12 p.m.

Jeopardy: Ages 6+. Tue., 11-12 p.m.

Mindfulness: Ages 8-12. Tue. & Thu 11 – 12 p.m.

Gardening: Ages 6-13. Mon. & Thu., 4 – 5 p.m.

Sports Skills Training: Ages 7-12. Mon., 3 – 4 p.m.

Hike Rochester: Ages 8-12. Wed., 10:20 – 12 p.m.

R-Select Programs for Adults

(Details on page 11)

Adult Women's Hula Hoop Fun: Ages 17+. Mon., 6 – 7 p.m.

Adult Basketball: Ages 17+. Tue. & Thu., 5:30 – 7:15 p.m.

Open Gym: Ages 17+. Fri., 5:30 – 7:15 p.m.



CHOOSE



WISDOM

ROCOVP.COM

Let us know how you heard about us.

Did you find out about the Department of Recreation and Human Service programs through family or friends, at school, online, advertising, or by picking up print material? We'd love to hear how you learned about our offerings.



Take our survey here so that we can serve you better!

Edgerton

R-CENTER

41 Backus St. • 428-6769 [for more program info.](#)

HOURS

Mon., Wed., Thu., Fri.
8:30 a.m. – 5:30 p.m.
Tue., 8:30 a.m. – 7:30 p.m.,
Sat. Closed



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 6 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Call Edgerton R-Center for times.

Youth Voice One Vision: Ages 12-17. Mon., 6 – 7 p.m.

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

R-Select Programs *(Details on page 8-10)*

Earth Explorers: Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12. Thu., 1 – 2 p.m.

Rec Weeks

Specialty Camp Week 1: Cheer Camp
Ages 8-15. July 8-12. 9 a.m. – 4 p.m.

Specialty Camp Week 2: Drumming
Ages 8-15. July 15-19. 9 a.m. – 4 p.m.

Specialty Camp Week 3: ROC Music
Ages 8-15. July 29-26. 9 a.m. – 4 p.m.

Specialty Camp Week 4: Drama & Theater
Ages 8-15. July 29- Aug 2. 9 a.m. – 4 p.m.

Specialty Camp Week 5: Drama & Theater
Ages 8-15. Aug 5-9. 9 a.m. – 4 p.m.

Specialty Camp Week 6: Ubuntu Summer Camp
Ages 12-17. Aug 12-16. 9 a.m. – 4 p.m.

FREE MUSIC INSTRUCTION!
Monday-Friday 4 - 6 p.m.
Various Locations in the City of Rochester
Questions?
rocmusic@cityofrochester.gov
585.428.6605



David F. Gantt

R-CENTER

700 North St. • 428-7149 [for more program info.](#)

HOURS

M-F 8:30 a.m. – 7:30 p.m.

Sat 9:30 a.m. – 4:30 p.m.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Youth Voice One Vision: All ages. Thu., 6 – 7 p.m.

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

R-Select Programs *(Details on page 8-10)*

Top Chef: Ages 6-17. Tue., 4 – 5 p.m.

Youth Sports Program: Ages 6-17. Mon.-Fri., 3 – 7:30 p.m.

Arts & Crafts: Ages 6-17. Mon.-Fri., 3 – 5 p.m.

YVOV One Mic: Ages 13-17. Wed., 6 – 7 p.m.

ROC Music: Ages 8-17. Tue. & Thu., 3 – 5 p.m.

Sports & Fitness Program: Ages 6-17. Mon.-Thu., 11 – 3 p.m.

Performing Arts Program Stage Play Creation: Ages 6-17. Mon. & Wed., 1 – 3 p.m.

Earth Explorers: Email Amanda.Littlecityofrochester.gov for more information. Ages 6-12. Tue., 3 – 4 p.m.

R-Select Programs for Adults

(Details on page 11)

Daughters of Thunder: Ages 18+. Tue., 6 – 7 p.m.

Career Exploration: Ages 18+. Wed. & Thu., 5 – 6 p.m.

Adult Basketball: Ages 18+. Fri., 6 – 7:30 p.m.



LEARN TO SKATEBOARD

Skateboards and safety equipment provided during sessions.

WORKSHOPS HOSTED BY:
Friends of the Roc City Skatepark,
Rolling Resettlement, and the
Department of Recreation.

FOR MORE INFORMATION:
Sara.Scott@CityofRochester.Gov

Classes
Start
July 6

Lightfoot R-Center
Mondays, 5 – 7 p.m.
July 8 - August 19

Ryan R-Center
Wednesdays, 4 – 6 p.m.
July 10 - August 21

**Genesee Valley
Sports Complex**
Saturdays, 10 a.m.-12 p.m.
July 6 - August 17
*Sunday July 28

FOR YOUTH
6-18



Trenton & Pamela Jackson

R-CENTER

485 N. Clinton Ave. • 428-7476 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 8 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



R-Signature Programs (Details on pages 6 & 7)

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17.
Call Jackson R-Center for times.

Youth Voice One Vision: Ages 10-17. Tue. & Thu.,
6 – 7 p.m.

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

R-Select Programs (Details on page 8-10)

Coding and Legos: Ages 13 under. Tue. & Thu.,
1 – 2:30 p.m.

Earth Explorers: Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12. Tue., 1 – 2 p.m.

Charles Murray Boxing: Ages 6+. Mon.-Fri., 3 – 6 p.m.

Jackson Boxing Club: Ages 6+. Mon.-Fri., 5 – 8 p.m.

Biddy Basketball: Ages 6+. Wed., 4 – 6 p.m.
Sat., 11 – 2 p.m.

High School Elite Basketball League: Ages 16-21.
Fri., 4 – 8 p.m.

Girls Sports Sampling Camp: Ages 9-14.
Mon.-Fri., 9 – 2 p.m.

R-Select Programs for Adults

(Details on page 10)

Queens in Charge: Ages 18+. Wed.

Attain Lab: Ages 16+. Mon.-Fri., 10 – 6 p.m.

Boxing with Charles Murray: Ages 18+.
Mon.-Fri., 3 – 6 p.m.

Jackson Boxing Program: Ages 18+. Mon.-Fri.,
5 – 8 p.m.

Girl Basketball Training: Ages 18+. Tue.-Thu.,
5 – 8 p.m.

ARE YOU A GOOD
Cuddler?

Animal foster caregivers needed now more than ever.

Call 428-9847 or visit cityofrochester.gov/FosterAPet

Danforth Community Center Programs

JUDICIAL PROCESS COMMISSION: JPC supports the rights of all people affected by the criminal justice system and promote changes to that system to help them achieve their fullest potential.

Mon.-Fri., 9 a.m. – 12 p.m., 1 – 5 p.m.

BLACK MEN ACHIEVE OF GREATER ROCHESTER, INC.: BMA Youth Mentorship Program is open to boys and young men of color between the ages 8-19. Black Men Achieve provides youth with high-quality mentorship and youth development services and programming.

Youth meet weekly to receive training in leadership and decision-making, life skills development, financial education, college and career readiness, employment skills, and healthy relationships to name a few. Youth will also participate in fun enrichment activities such as our outdoor explorers club, extra-curricular clubs, and overnight trips to other cities.

For more information and/or to register: please call (585) 420-8160 or email info@rocbma.org.

200 West Ave. | 428-6746

Willie W. Lightfoot

R-CENTER

271 Flint St. • 428-7001 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 7:30 p.m.
Sat. 9:30 a.m. – 4:30 p.m.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward: Ages 10-17. Call Lightfoot R-Center for times.

Youth Voice One Vision: Ages 9-18. Wed., 4 – 5 p.m.

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

R-Select Programs *(Details on page 8-10)*

Dance Fitness: Ages 18+. Tue., 6 – 7 p.m.

Skills and Drills Basketball Training: Ages 10-14. Tue. & Thu., 1 - 2 p.m.

Boys Youth Group: Ages 8+. Wed., 2 – 3 p.m.

Girls Youth Group: Ages 8+. Wed., 2 – 3 p.m.

R-Select Programs for Adults

(Details on page 11)

Open Gym: Ages 16+. Fri., 5:30 – 7:15 p.m.

NEED HELP? YOU'RE NOT ALONE.

**THE PERSON IN CRISIS
TEAM IS HERE TO HELP.**

**We can send
counselors to you.**



Get help with:

- Mental or behavioral health
- Substance abuse
- Suicidal thoughts
- Thoughts of harm to self or others
- Youth and elderly concerns
- And other concerns

CALL OR TEXT

988

SUICIDE & CRISIS HELPLINE
to ask for the Person In Crisis Team

HOMICIDE RESPONSE TEAM

The Homicide Response Team (HRT) proactively addresses the traumatic impact that homicides have on grieving Rochester families through providing free wraparound services to victim(s) and their families with the goal of helping to achieve healing through support and planning.

CALL 428-1303

COMMUNITY SUPPORT TEAM

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

CALL 428-6630

Thomas P. Ryan

R-CENTER

530 Webster Ave. • 428-7828 [for more program info.](#)

HOURS

M-F, 8:30 a.m. – 7:30 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



R-Signature Programs *(Details on pages 6 & 7)*

R-Stars After School Program: Email RCenterinfo@cityofrochester.gov for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

R-Teens: Email RCenterinfo@cityofrochester.gov for more information. Ages 13-18. Mon.-Fri., 2 – 5:30 p.m.

Young People Advancing Forward (Girls): Ages 12-17. Call Ryan R-Center for times.

Young People Advancing Forward (Boys): Ages 12-17. Call Ryan R-Center for times.

Youth Voice One Vision: Ages 12-17. Wed., 6 – 7 p.m.

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

R-Select Programs *(Details on page 8-10)*

Fishing: Ages 8-12. Tue., 10 – 12 p.m.

Hiking: Ages 8-12. Mon., 10 – 12 p.m.

Volleyball: Ages 10-17. Tue. & Thu., 4 – 5 p.m.

Computer Lab/Library: Ages 6-17. Mon.-Fri., 11 – 12 p.m.

Earth Explorers: Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12. Mon., 3 – 4 p.m.

Roll Call: Ages 6-17. Mon.-Fri., 10 – 11 a.m.

Hair Cuts with Jammer: Ages 6-17. Thu., 5 – 7 p.m.

Basketball Training: Ages 6-17. Mon., Wed., Fri., 11 – 12 p.m.

Chess Club: Ages 6-17. Mon., Wed., Fri., 2 – 3 p.m.

Young Men's Group: Ages 6-17. Tue. & Thu., 2 – 3 p.m.

R-Select Programs for Adults

(Details on page 11)

Pickle Ball: Ages 18+. Tue., 5 – 7 p.m.

Soul Fitness: Ages 18+. Sat., 11 – 12:30 p.m.

Open Basketball: Ages 18+. Mon., Wed., Fri., 5 – 7 p.m.

Women's Open Basketball: Ages 17+. Thu., 5 – 7 p.m.

Roxie Sinkler

R-CENTER 75 Grover St. • 428-7827

MIB&G (Mentor Inspiring Boys and Girls): Theater, creative writing, dance, step, boxing, basketball, accelerated reading, and accelerated math. Ages 8-16. Mon.-Fri., 7:30 – 5 p.m.

MIB (Mentors inspiring boys and girls) After School: Teaching life skills, entrepreneur skills, and work ethic. Accelerated reading, math, homework help, and organized play. Ages 6-18. Mon.-Fri., 2 – 5 p.m.

MIB (Mentors inspiring boys and girls) Evening: Artistic development, boxing, basketball, theatre, step, dance, creative writing. Ages 6-18. Mon.-Fri., 5 – 9 p.m.



Inspiring youth with hope and opportunity.



Visit mibandg.org to register

Aquatics & Athletics



Youth Aquatics

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: Students will learn basic swimming skills.

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

Level 4: Stroke Improvement: Students will gain confidence during swim lessons, improve their stroke, and gain additional aquatic skills.

Level 5: Stroke Refinement: Guidance allows students 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.

Adams St. R-Center, 85 Adams St. Ages 6-17. Mon.-Thu., 9 a.m. – 12 p.m. Session 1: July 8-25, Session 2: July 29-Aug. 15.

Trenton and Pamela Jackson R- Center, 485 N Clinton Ave. Ages 6-17. Mon.-Thu., 9 a.m. – 12 p.m. Session 1: July 8-25, Session 2: July 29-Aug. 15.

GVP Sports Complex, 131 Elmwood Ave., Ages 6-17. Mon.-Thu., 9 a.m. – 12 p.m. Session 1: July 8-25, 2024. Session 2: July 29-August 15.

Email **Mike.Corey@cityofrochester.gov** for more information. FREE for city residents.

Rochester RAPIDS Swim Team: A competitive, fun, family-oriented club committed to building and supporting strong swimmers with strong character. The team consists of four ability levels from those just learning to swim to beginning competitors to top area swimmers. Groups practice from three to six days a week at the Adams Street R-Center in Corn Hill from September to June and at Genesee Valley Park, an outdoor long-course facility, during the summer months. New swimmers can practice with the team for a two-week trial period before committing to joining the Rapids. For more information contact **meltzerjosh@gmail.com**. Ages 6-21.



Youth Athletics

Love-15 Youth 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. Visit **Rochesterymca.org** for more information.

Edgerton R-Center, 41 Backus St. Ages 7-17. Mon.-Fri., 1 – 4 p.m. July 8 – Aug. 23.

GVP Sports Complex, 131 Elmwood Ave. Ages 7-17. Mon.-Fri., 9 a.m. – 12 p.m. July 8 – Aug. 23.

Cobbs Hill Park, 80 Culver Rd. Ages 7-17. Mon.-Fri., 1 – 4 p.m. July 8 – Aug 23.

Adult Athletics

Swing Tennis: Get into the swing of things with this program in partnership with Swing Tennis. \$100 fee.

GVP Sports Complex, 131 Elmwood Ave. Ages 18+. Beginners: Tue. & Thur., 5:30 – 7 p.m. Intermediate/Advanced: 7 – 8:30 p.m.

Cobbs Hill Park, 80 Culver Rd. Ages 18+. Beginners: Mon. & Wed., 10-11:30 a.m., 5:30 – 7 p.m., Sat., & Sun. 10 – 11:30 a.m. Intermediate/Advanced: Mon., & Wed., 7 – 8:30 p.m., Sat. & Sun., 11:30 a.m. – 1 p.m.

Rochester Community Sports Complex

460 Oak St., 428-6841



Basketball

R Sports Hoop & Motivate Summer Basketball Skills

Development: Ages 11-18 Runs from July 9-Aug. 15.

For more info contact Norman.jones2@cityofrochester.gov.
Tue. & Thu., 5 – 7 p.m.

R Sports Nkugwa Team Impact Girls Basketball for

Beginners: Ages 8-13. Runs from June 3–August 19. For

more info contact Norman.jones2@cityofrochester.gov.
Mon., 6 – 7:30 p.m.

Football

R-Sports 3 on 3 Indoor Football: Ages 11-14. Runs from

June 2-24. For more info contact jamar.gray@cityofrochester.gov.
Mon., 6 – 8 p.m.



Spray Parks

All spray parks are open 10 a.m. to 8 p.m., seven days a week. May 24 - September 2.

Carter Street R-Center, 500 Carter Street

Edgerton R-Center, 41 Backus Street

David F. Gantt R-Center, 700 North Street

Humboldt R-Center, 1045 Atlantic Avenue
(Ribbon Cutting for Grand Opening June 17)

Thomas P. Ryan R-Center, 530 Webster Avenue

Roxie Ann Sinkler R-Center, 75 Grover Street

Tyshaun Cauldwell R-Center for Hope,
524 Campbell St.

The following spray parks are for children ages 6 and younger:

Dr. Martin Luther King Jr. Memorial Park,
353 Court St. (in the play area)

Fourth and Peck Park, Fourth and Peck Street

Troup Street Park and Playground, Troup Street

For any issues with spray parks contact 311.



ADOPT, DON'T SHOP!

Stop by Rochester Animal Services and

Find a new best friend!



Scan the QR code for information about the adoption process or go to CityofRochester.gov/PetAdoption

Visit Rochester Animal Services

(585) 428-7274 | 184 Verona St., Rochester, NY, 14608

Hours: Mon.–Sun., 12 – 4 p.m. (Visitations end at 3:30 p.m.)

CityofRochester.gov/RochesterAnimalServices



Youth Leadership Programs

DRHS Main Office, 57 St. Paul Street • 428-6755

Biz Kid\$: is a week-long camp that teaches youth how to start their own business through a fun and fast-paced program of interactive games and activities. Youth learn how to manage money, make a good impression, set goals, and create a business plan. Participants also get real sales experience by operating a lemonade stand and pocket the profit! \$60 fee. Contact 585-428-6755 for more information. Ages 14-18.



YVOV Mayor's Youth Advisory Council Leadership Board 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 to inform and impact policies related to youth issues. The Board is currently recruiting youth in grades 8th-12th for three committees (Executive, Community Engagement, and Public Safety). Email Tremain.Harris@cityofrochester.gov for more information. Ages 13-19.



Mayor's Youth Academy (MYA): The Mayor's Youth Academy is an internship program for youth in high school that will focus on leadership, career development, and skills growth. The youth will be paired with Recreation Assistants and liaisons in various City departments that align with their areas of interest. Contact Yassir.Smith@cityofrochester.gov for more information. Ages 14-19.



Vibrant Literacy: Vibrant Literacy is a program that serves students who are at below grade reading level by building key foundation skills like fluency, decoding, and comprehension. Limited spaces, to register or for more information contact: Alvin Simpson 428-6922 or alvin.simpson@cityofrochester.gov. Ages 6-11. October-May.

Summer Leap: A summer program in partnership with the Greater Rochester Summer Learning Association to reduce the summer learning loss for younger students who have attended Pre-K and are going to Kindergarten in the fall. This six week program focuses on Academics, emotional confidence, physical activity, social skills, and enrichment to prevent learning loss. Limited spaces, to register or for more information contact: Alvin Simpson 428-6922 alvin.simpson@cityofrochester.gov. Ages 4-5. July 1 – Aug. 9.



SOAR: SOAR Leadership Team is comprised of youth from the community that meet weekly to receive training in the leadership, self-development tools and increase knowledge & awareness around sexual health. Participants will engage in activities to explore their future goals in areas ranging from career and college exploration to public speaking and life skills. Contact Rise@cityofrochester.gov for more information. Ages 13+ Tues., 4 – 6 p.m.

Vibez Club:

The goal of the SRAE initiative is to support and enhance youth's social-emotional development and delay onset sexual activity through medically accurate and age appropriate curriculum, positive relationship with caring adults, and engaging exploratory weekly clubs. The highly skilled and trained SRAE facilitators host weekly Vibez clubs at individual sites where youth will participate in engaging fun activities such as dance, cooking and nutrition, science exploration, and creative arts. Ages 10-13.



My Brother's Keeper (MBK):



MBK's programs are dedicated to fostering the social-emotional, developmental, and overall well-being of Black and Brown youth throughout Rochester. At ROC MBK, we are committed to supporting the MBK movement by offering high quality programming and events, and participating in initiatives that support the following MBK milestones:

- Ensuring healthy starts and readiness for school entry.
- Achieving proficiency in reading by the third grade (age 8).
- Graduating from high school with readiness for college and career.
- Completing post-secondary education or training.
- Successfully entering the workforce.
- Keeping our youth on track and safeguarding them from violent crime.



While promoting brotherhood, MBK programming cultivates leadership and supports young men to achieve their full potential. Year-round civic engagement and community activities are added frequently. For additional information, contact MBK Initiatives at 585-695-3476.

MY BROTHER'S KEEPER INFORMATION

Sign up to learn more about My Brother's Keeper Rochester today.

Questions? Contact Che' Hagins: 428-7938 • (c) 695-3476 or email Cheffan.Hagins@cityofrochester.gov

YVOV Highlight

The Mayor's Youth Advisory Council launched a Youth Mental Health Survey to gain insight that will help them better advocate for the mental health needs of Rochester youth. They also encouraged youth to participate in the City's many available youth services.



LET'S
BE SOCIAL

FOLLOW

DRHS



facebook.com/
ROCDRHS



instagram.com/
recreationand
humanservices



@drhsroc



twitter.com/
DRHS585



youtube.com/
@DRHS-city-of-rochester

Flower City Feeling Good Series



Earn COBOR badges for participating in these outdoor activities!

Learn more at:
cityofrochester.gov/COBOR

For over thirty years, the Flower City Feeling Good Series has connected City residents with the beauty of Rochester's natural environment. We are excited to offer opportunities aligned with the Rochester Children's Outdoor Bill of rights including opportunities to "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 open to the public.

Flower City Feeling Good Bike Rides

Wednesday Night Guided Bike Rides

Join Reconnect Rochester and learn how to get acquainted with Rochester's blossoming bike network on these fun & free community rides! This intermediate level riding series features casually paced 7-mile rides (approximately 45 minutes of riding). Helmets are required, bikes are not provided. Meet at 6:45 p.m. for warm-up stretches with EE Pathways. Must have control of your bike and be able to keep up with a casual but steady pace. Registration not required. We encourage new or beginner level riders to attend one of our Learn-to-Ride classes- email **Stephanie**. Benway@cityofrochester.gov for more information.

RIDES START PROMPTLY AT 7 P.M.

- **Maplewood Nature Center** (107 Bridge View Drive): Genesee Riverway Trail, Brown Square, Edgerton and Maplewood neighborhood. **June 26**
- **Thomas P Ryan R-Center** (530 Webster Ave): Beechwood, Neighborhood of the Arts, Park Ave, North Winton Village. **July 3**
- **Carter Street R-Center** (500 Carter Street): Seneca Park Zoo via Bike Boulevards and El Camino Trail. **July 10**
- **Cobbs Hill Park** (100 Norris Drive): Pittsford Plaza via Bike Boulevards and Auburn Trail. **July 17**
- **GVP Sports Complex** (131 Elmwood Ave): To RIT & back via the Lehigh Valley Trail. **July 24**
- **Maplewood Nature Center** (107 Bridge View Drive): Turning Point Park via the Genesee Riverway Trail. **July 31**
- **Adams Street R-Center** (85 Adams Street): Corn Hill, Mayor's Heights, 19th Ward, PLEX. **Aug. 7**
- **GVP Sports Complex** (131 Elmwood Ave): Genesee Valley Greenway. **Aug. 14**
- **Frederick Douglass R Center** (999 South Ave): Highland Park, Pearl-Meigs-Monroe, Beechwood, Neighborhood of the Arts, Park Ave, Upper Monroe, Swillburg. **Aug. 21**
- **Carter Street R-Center** (500 Carter Street): Market-view Heights, La Avenida, El Camino Trail. **Aug. 28**



Community Paddle Events

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. This summer, join us and friends from Genesee RiverWatch to experience paddling on the beautiful Genesee River, Erie Canal, and on Red Creek. Kayaks will be provided for all events by the Genesee Waterways Center. An adult must accompany all children under 18. For more information and to register visit: geneseewaterways.org/events-classes.

Learn to Kayak: Meet at the Genesee Waterways Center for a guided paddled down the Genesee River to the Erie Canal, and up Red Creek, a hidden gem abundant with wildlife, including great blue herons, kingfishers, painted turtles, and more! Meet at the Genesee Waterways Center, 149 Elmwood Ave.

Sat., July 13, 10-1 p.m.

Genesee River Kayak Clean Up: 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, 149 Elmwood Ave. **Wed., July 24, 5:30-7:30 p.m.**

Kayak Lower Falls Gorge. Experience Lower Falls and the most beautiful stretch of the Genesee River Gorge! Meet in the parking area at Seth Green Park at the intersection of St. Paul Blvd. and Norton Street. For experienced paddlers only. **Sat., Aug. 10, 10-1 p.m.**



Look for the **Leaf Icon** among the programs and events on the following pages to find an activity that will fulfill one of the Outdoor Bill of Rights.

See page 5.

Guided Family Nature Walks

Our Thursday Evening Family Nature Walks will highlight the natural wonders of the City of Rochester. Come learn about the special green spaces in Rochester, participate in hands on explorations, and learn how you and your family can enjoy beautiful places. Walks start promptly at 6 p.m. Please dress for the weather and bring plenty of water.

Washington Grove Walk: Join a volunteer guide from The Friends of Washington Grove on a walk through the canopy of 250-year-old oak trees. Discover the Grove's diverse plant life, its natural history, and current conservation efforts. Meet on the southeast side of Reservoir Road, atop Cobbs Hill Reservoir. **June 20**

Lower Falls Gorge: Join Gorge Guides on a tour of both the upper and lower falls, and learn about the history of the forgotten sites of Carthage and McCrackenville. Meet in the parking lot of the Maplewood Rose Garden (250 Maplewood Ave.) **June 27**

Genesee River Trail Way: Walk with Susan Porter of the Corn Hill Neighborhood Association. Meet at the Water Spirits statue, corner of Exchange Blvd and S. Plymouth Avenue. **July 11**

Learn to Take Care of the Planet Walk with Seneca Park Zoo Society's Urban Ecologists: Meet outside the Genesee Waterways Center, 149 Elmwood Ave. **July 18**

Sturgeon Walk at Seth Green Park: "A success story returning lake sturgeon, a contemporary of the dinosaur to the Genesee River" Meet: In the lot at Seth Green Drive fishing access, lot off St. Paul Street. **July 25**

Explore Genesee Gateway Park with Rochester Ecology Partners: Meet at the Rochester Ecology Partners Office (224 Mt. Hope Ave, Rochester, NY 14620). **Aug. 1**

Listen to the Sounds of Nature Walk with Seneca Park Zoo's Urban Ecologists: Meet at Wegmans Lodge parking lot along the park road in Seneca Park. **Aug. 8**

Mindful Meander through Highland Park with Nature-Based Learning Coach Kyra Stephenson: Meet at the Frederick Douglass R-Center (999 South Avenue). **Aug. 22**

Old Growth Forest Walk with Friends of Washington Grove: Meet on the southeast side of Reservoir Road, atop Cobbs Hill Reservoir. **Aug. 29**

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 an effort to keep our clean-ups plastic free we have transitioned to collecting in reusable plastic feed bags from the Zoo! Tools and gloves provided. Please dress for the weather and bring water to stay hydrated. To register, visit senecaparkzoo.org/events/category/conserv-educate/park-clean-up

Thomas P Ryan R-Center:
July 17, 4 – 7 p.m.

Edgerton R-Center
July 31, 4 – 7 p.m.

Thomas P Ryan R-Center
Aug. 24, 9 a.m. – 12 p.m.



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
- Links to community resources, connections to industry-driven education, training, employment, and more.

Meeting of the Minds for Employers and Training providers:

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 call 428-8689.

Meeting of the Minds for Job Seekers:

Bimonthly opportunities to meet local employers in a small 1:1 setting. Ask questions and apply on the spot. For more information, call 428-1170.

Flower City AmeriCorps Programs:

AmeriCorps prepares community members to become public health and human services professionals. AmeriCorps members will receive a biweekly stipend and scholarship. Full time members are also eligible for childcare and medical assistance. Call 428-7358 for more information. Ages 17+.



ROC THE BLOCK

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 and wrap-around resource opportunities.

Questions? Shawn.Futch@cityofrochester.gov

SAVE THE DATES:

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

July 10

Franklin High School
950 Norton St.

Aug. 14

Aberdeen Square Park
373 Aberdeen St.

Sept. 25

Parcel 5
285 E Main St.

Hosted by Council President Miguel Meléndez, the RASE Commission and the Department of Recreation and Human Services.

To join us as a vendor please email

Roctheblock@cityofrochester.gov



CITY OF ROCHESTER PUBLIC MARKET SUMMER FUN

COMMUNITY GARAGE SALES

Sundays – June 16 & 30, July 14 & 28, August 11 & 25, September 8 & 22, and Oct. 13. 7 a.m. – 1 p.m.
cityofrochester.gov/garagesales

FOOD TRUCK RODEOS

Wednesdays – April 24, May 29, June 26, July 31, August 28, and September 25. 5 p.m. – 9 p.m.
cityofrochester.gov/foodtruckrodeo

BANDS ON THE BRICKS

Fridays – July 5, 12, 19 & 26, and August 2 & 9. 6 p.m. – 10 p.m.
cityofrochester.gov/bandsbricks



Rochester's City-run Public Market has served the community at its 280 North Union Street site since 1905.

REGULAR MARKET DAYS & HOURS:
TUES. & THURS., 6 a.m. – 1 p.m.
SATURDAY, 6 a.m. – 3 p.m.

CONTACT US: 585.428.6907 | **MORE INFO:** cityofrochester.gov/publicmarket

IADC
International PLAZA
MARKET Days!
SUNDAYS
1-5 P.M.
MAY 5 - OCTOBER 13, 2024

Father's Day Celebration
SUN., JUNE 16

Juneteenth
WED., JUNE 19

Fiesta Del Barrio
SUN., JULY 7

International Salsa Day
SUN., JULY 21

Dominican Day
SUN., AUG. 11

Geva LatinX Celebration
SAT., AUG. 17

Hispanic Heritage Month Kickoff
SUN., SEPT. 15

Fringe Festival
THU., SEPT. 19

Hispanic Heritage Month Closing
SUN., OCT. 13

Plaza also open Thursdays to Saturday for container vendors. Apply at: CityofRochester.gov/InternationalPlaza

FOR AFFORDABLE VENDING OPTIONS: call (585) 451-5676, or email Pmarket@cityofrochester.gov

828 N. Clinton Ave., Rochester NY
f @TheInternationalPlazaROC

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

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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, 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


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QUESTIONS? 428-6755

VISIT CityofRochester.gov/R-Central

