

**REGISTER TODAY**  
Programs Begin Sept. 11

# R GUIDE

*Fall 2024*



*Have a Ball  
this Fall!*



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

# Welcome!

As we embrace the vibrant colors of fall, I am thrilled to invite your family to explore the incredible programs, events, and activities offered by our City's Department of Recreation and Human Services. Whether you love sports, arts, or simply being active and engaged, there's something for everyone in our community. Our caring and dedicated staff work tirelessly to create safe, fun, and enriching environments where children can learn, grow, and thrive. I encourage you to take full advantage of these opportunities to help your children discover their passions, make new friends, and stay active.

The City of Rochester is committed to supporting our families, and I am confident you'll find our fall offerings to be a wonderful extension of that promise. Together, let's make this season one of joy, connection, and community spirit.

Warm regards,



**Malik D. Evans**  
Mayor, City of Rochester



Fall is a season of excitement and discovery, and there's no better time to engage in the fantastic programs and activities we've designed just for you and your family. Our R-Centers and facilities are buzzing with energy, offering everything from after-school programs and homework help to arts and crafts and athletic training. Our dedicated team is here to ensure every child feels welcomed and supported, and that they have a safe space to explore their interests and talents.

I encourage you to dive into this season's R-Guide and see what adventures await. Let these enriching experiences foster growth, build confidence, and create lasting memories. Smiling faces will abound—and we can't wait!

Sincerely,



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



## FALL PROGRAMS RUN SEPTEMBER 11 – NOVEMBER 30

### 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





*"Autumn holds a wonder all its own."*

- Laura Jaworski

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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      |   |



# Rochester's Sports Complex:

## Free Access for All City Residents

Shawn Goins stands outside the 3-point line and sinks bucket after bucket, as fast as the Dr. Dish shooting machine can feed him the rebounds. At the Rochester Community Sports Complex, he's putting in the reps and keeping his dream alive of playing college basketball.

"They've got everything you need to keep getting better," Goins, 18, said on a recent afternoon. "It's the space we need to train and work out and get to the next level."

A former standout on the Franklin High School basketball team now playing at a prep school in southern Florida, Goins is one of the many athletes who visit the Rochester Community Sports Complex on Oak Street to prepare for the highest levels of competition.

Dr. Shirley Green, Commissioner of the Department of Recreation and Human Services, said the Sports Complex levels the playing field for city athletes who aspire to play at the college or professional level by offering facility where they can practice sports-specific skills with state-of-the-art equipment.

"You're not going to get a scholarship today playing pickup games at the neighborhood park," said Dr. Green. "Our kids are competing against kids from suburban schools who practice in state-of-the-art facilities, so we're giving them access to a state-of-the-art facility right here in the city. The Rochester Community Sports Complex and Stadium is an elite-level training center that's available to all city residents free of charge."

The Rochester Community Sports Complex and Stadium is a 15-acre

City recreation facility and community space that offers leading-edge training and injury-prevention materials to practice sports-specific skills and drills for a variety of sports on the field or court, including baseball, football, lacrosse, soccer and basketball.

Formerly a City warehouse, the Sports Complex holds multipurpose courts, a turf training area, a weight room, aerobics machines, batting cages, a trainer's room and locker rooms. It is used by several sports City School and amateur-league sports programs, as well as the Flower City Union professional

soccer team.

The Stadium was built in 2006 for a professional soccer team, but now serves a variety of uses including Section 5 football, soccer and lacrosse championship games, drum and bugle corps pageants. Community events, including outdoor family movie nights in the summer.

And in September, the stadium will host the inaugural Frederick Douglass HBCU Football Classic Weekend of Hope presented by Baldwin Richardson Foods, a weekend of festivities centered around a football game between Central State University (Ohio) Marauders facing off against the Albany State (Georgia) Rams.

***"People didn't believe me when I told them I practiced harder than I played, but it was true. That's where my comfort zone was created."***

– Michael Jordan



NO CHILD LEFT INSIDE

# RSPORTS CITY OF ROCHESTER Athletics and Aquatics



## 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:



The Department of Recreation and Human Services also hosts athletic skills and conditioning camps as part of the quarterly recreation program offerings. (See page 25 for this season's camps and clinics.)

This fall, the Rochester Community Sports Complex and Stadium, 460 Oak St., is open:

**Sports Complex Hours:**

Mon.-Fri., 10 a.m. – 10 p.m.  
Sat. & Sun., 10 a.m. – 6 p.m.

**Fitness Rooms:**

Mon.-Fri., 10 a.m. – 9:30 p.m.  
Sat. & Sun., 10 a.m. – 5:30 p.m.



City residents can use the facility free of charge by registering on R-Central at [CityofRochester.gov/R-Central](http://CityofRochester.gov/R-Central)

To learn more, call 585-428-6485.

To learn more, visit  
[CityofRochester.gov/COBOR](http://CityofRochester.gov/COBOR)  
or contact [Amanda.Little@cityofrochester.gov](mailto: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.

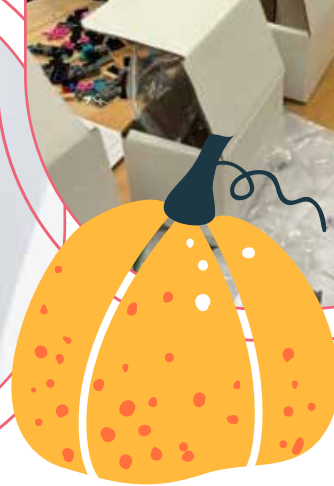
**R-Teens:** Enjoy sport and fitness activities geared toward teens, dance and step, gaming, socializing with friends, field trips, special events and more! Email [RCenterinfo@cityofrochester.gov](mailto:RCenterinfo@cityofrochester.gov) for more information.

**R-Stars Afterschool Program:** Pre-teen children will find a fun and nurturing afterschool environment. Participate in a variety of recreational activities to stay safe and engaged afterschool. Email [RCenterinfo@cityofrochester.gov](mailto: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.



## FITNESS CENTER HOURS

### Adams

85 Adams St.  
M-F, 3 – 8:45 p.m.  
Sat., 10 a.m. – 4:15 p.m.

### David F. Gantt

700 North St.  
M-F, 10 a.m. – 8:45 p.m.  
Sat., 9:30 a.m. – 4:15 p.m.

### Frederick Douglass

999 South Ave.  
M-F, 2:30 – 8:45 p.m.

### Trenton & Pamela Jackson

485 N. Clinton Ave.  
M-F, 10 a.m. – 8:45 p.m.  
Sat., 10 a.m. – 4:15 p.m.

### Willie W. Lightfoot

271 Flint St.  
M-F, 2:30 – 8:45 p.m.  
Sat., 9:30 a.m. – 4:15 p.m.



# R-Select Programs



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.*

- **Confident Kids:** A fun and engaging program designed to boost children's emotional well-being and teach good hygiene practices in a subtle, enjoyable way. Through creative projects and healthy outlets of play, children absorb valuable life skills without even realizing they are learning. **Ryan**
- **FitKids:** An exciting program to promote physical fitness and healthy habits. Kids develop physical abilities, teamwork, and a love for staying active through a variety of fun and engaging activities. Join FitKids to boost your energy, make new friends, and build a foundation for a healthy lifestyle. **Ryan**
- **EmpowerHER Creations & Conversations:** A vibrant young women's group that focuses on social interaction, wellness, and community engagement to inspire young women to connect, create, and thrive together. **Ryan**
- **Men of Impact:** Build a network of support to encourage personal growth and social cohesion through community discussions. "Men of Impact" from the community will mentor youth, providing guidance and fostering positive relationships. Youth are included in special events, both designed and organized by them, driving their development and engagement. **Ryan**

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

- **Crochet Class:** Learn how use a crochet hook to turn interlocking loops of yarn into your own creation. **Jackson**
- **Chess Club:** Learn and practice the rules, strategies and mental benefits of one of the world's most ancient board games. **Jackson**
- **Martial Arts:** Learn Shotokan Karate-Do, an ancient Japanese martial art, with teaching methodologies that date back to its origins. The class structure is strict and highly disciplined in its exercises and techniques. **Gantt**
- **Dr. Kamae Martial Arts:** Discover a dynamic fusion of discipline, agility and empowerment. Learn self-defense, self-confidence, focus, and respect. Join us on a journey where strength meets spirit, and every movement is a step towards greatness. **Adams**
- **Lego Lab:** Meet in the Lego Lab for different engineering challenges each week, followed by time to build your own creation. Power the imagination and have fun with everybody's favorite interlocking plastic bricks. **Douglass**
- **Roblox Busy Builders:** Dive into the world of game creation using Roblox Studio, the ultimate virtual universe. Participants learn the basics of game design and coding while building their own exciting virtual worlds. Have fun, unleash your creativity, and share your games with friends. **Ryan**
- **Video Game Challenge:** Challenge your friend in any game of your choice. Who will emerge as the top dog? **Ave. D**



**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, Lightfoot**

**Open Sports and Play:** *Sharpen your game through Open Rec: Enjoy the R-Centers' world class athletic facilities during unstructured hours.*

- **Wheelchair Basketball:** Play this a fast-paced, hard-hitting, competitive team sport where the object is to shoot the ball into the opposing team's basket. **Jackson**
- **Game Day:** Build strong relationships, sportsmanship, and leadership skills through physical activity, team sports and league play. **Gantt**
- **4 on 4 In-house Flag Football League:** Teams will be selected randomly each week and will play a fast-paced fun and exciting game of flag football. **Carter**
- **Youth Sports Night:** Your opportunity to play some of the classic team sports, including volleyball, soccer, floor hockey, and wiffle ball. **Carter**
- **Soccer:** Enjoy fun and competitive games of soccer. **Carter**
- **Biddy Basketball:** Have fun with basketball instruction and games. **Adams**
- **Junior Basketball Clinics:** Focus on the fundamental skills, teamwork, and the joy of the game. **Adams**
- **Girls Roc Sports Program:** Girls explore different sports, develop new skills, and make lasting friendships in a supportive and encouraging environment. **Adams**
- **Basketball Skills and Drills:** Take to the court with an introduction to basic basketball skills. Practice drills to continue to advance your play. **Lightfoot**
- **Sports Support Squad:** Travel from R-Center to R-Center to supporting local youth sports. Boost morale, build confidence, foster community spirit, and encourage participation. Be part of the excitement and cheer on the future stars of our community. **Ryan**
- **Volleyball:** Play fun and competitive games of volleyball. **Ave. D**
- **Flag Football:** Sharpen your skills with basic and intermediate flag football. **Ave. D**
- **Sports Conditioning:** Build positive communication and health in this leadership group for both boys and girls. **Cauldwell**



# 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**
- **Boxing with Coach Munoz:** Box your way to the physical strength, independence, and self-discipline that this sport can offer. **Jackson**

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

- **Homework Help:** Get help with homework. **Ryan**
- **Flocabulary:** Join us for a literacy enrichment program with engaging multimedia. **Lightfoot**
- **YVOV One Mic:** Youth will be given a safe space to express themselves through activities of self-discovery. **Gantt**

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

- **Top Chef:** Discover hands-on demonstrations of culinary arts to explore the career field and enjoyment of preparing food. **Gantt**
- **R-Chef Club:** Learn the skills needed to make quick and simple meals while having fun. **Ave. D, Carter, Cauldwell**
- **Plant to Plate:** Explore the journey of food from seed to table. **Douglass**
- **Fundamentals to Cooking:** Fun and educational program tailored for youth to discover the joy of cooking. **Lightfoot**

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

- **Anime Club:** Learn how to draw anime, a style of animation originating in Japan. **Jackson**
- **Paint and Bake Ceramics:** Learn the art of ceramics—build, bake, and paint your own creations. **Edgerton**
- **Color Me Creative:** Enjoy paper and canvas art. Where will your creativity lead? **Edgerton, Cauldwell**
- **Modern Drumming:** Find your rhythm and express your creativity while learning contemporary drumming techniques. **Ave. D**
- **ROCmusic Rhythm:** Youth will foster a greater love of music through artistic expression as they learn about rhythm section instruments including keyboard, bass guitar, drum set, and studio production. **Gantt**

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

- **Cadet:** Give flag dance a whirl to develop leadership skills, strengthen fitness, and discover a new passion. **Jackson**
- **Roc Royals Step & Dance:** Strengthen self-worth and team building through the art of step and dance. **Gantt**
- **Grupo Cultural Latinos Dance:** Learn modern and historical dances from Latin American cultural heritage. **Gantt**
- **Just Dance:** As part of this youth dance troupe, learn routines and perform alongside other dancers. **Edgerton**
- **Hip-Hop/Freestyle Dance:** Feel your movements and develop your own style in hip-hop/freestyle dance session. **Ave. D**
- **Youth Dance Expression:** Discover the expressive power of dance. **Cauldwell**





## Adult Programs:

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

- **Art & Painting:** Develop your artistic skills through airbrush design and creating retro clothing. **Gantt**
- **Paint and Bake Ceramics:** Learn the art of ceramics—build, bake, and paint your own creations. **Edgerton**
- **Positive Pathways:** This parent support network offers a space for parents to connect to resources and share experiences. While children enjoy supervised play, parents can participate in discussions, receive guidance, foster a supportive community, and feel empowered in their parenting journey. **Ryan**

## Sports and Fitness:

- **Adult Basketball:** Get fit, build relationships and have fun through basketball. **Gantt**
- **Pickle Ball:** Try the exciting new sport that's rapidly gaining popularity. A fun and fast-paced blend of tennis, badminton, and ping-pong. Learn the basics, improve your skills, and enjoy a great workout in a social and energetic environment. **Adams**
- **Open Gym:** Enjoy a dynamic experience as the gym is divided to host two activities simultaneously, offering participants a variety of sports and games to choose from in a fun and active setting. **Douglass, Lightfoot**

- **Adult Open Basketball:** Come shoot some hoops or play pickup games of basketball. **Adams, Carter, Douglass, Lightfoot, Ryan, Ave. D, Cauldwell**
- **Wheelchair Basketball:** This is a fast-paced, hard-hitting, competitive team sport where the object is to shoot the ball into the opposing team's basket. **Jackson**
- **Charles Murray Boxing:** Discover the rewards and discipline of boxing through regular training and matches. **Jackson**
- **Boxing with Coach Munoz:** Box your way to the physical strength, independence, and self-discipline that this sport can offer. **Jackson**
- **Fitness Awareness:** With a focus on the five Cs—commitment, communication, concentration, control, and confidence—gain essential knowledge and practical tools for nutrition and exercise to achieve your health and fitness goals. **Douglass**
- **Adult Roller Skating:** Bring your skates out of the closet to the Lightfoot R-Center for a night of adult roller skating. It will be a time to be social, network, and end your day with some fun. **Lightfoot**
- **Woman's Open Basketball:** Enhance your basketball skills, build teamwork, and enjoy the camaraderie of competitive play in a supportive and empowering environment. **Ryan**
- **Soul Fitness:** Get a great aerobic workout with high-energy dance routines that combine fun, fitness, and rhythm to keep you moving and grooving. **Ryan**
- **Soul Line Dancing:** Get moving with easy-to-follow line dances that everyone can learn and enjoy, set to soulful beats. **Ryan**
- **Zumba:** Get you up and get moving with fun, easy-to-follow low-impact Zumba routines that are perfect for beginners and those seeking a gentle workout. **Adams, Carter**
- **Women's Night:** Connect with other women through a vibrant evening of exercise, games, and discussions on healthy living, all in a supportive and friendly environment. **Ryan**
- **Women's Fitness Class:** Build a strong foundation in fitness while enjoying a fun and supportive atmosphere. **Adams**



# 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**

**988**  
SUICIDES  
& CRISIS  
LIFELINE

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**

# Roc the Riverway Weekend

October 4 - 6

A perennial fall favorite, Roc the Riverway Weekend will be back, with more opportunities to get out, experience and learn about the history and future of the Genesee River. During ROC the Riverway Weekend, the City of Rochester is proud to once again join with our numerous community partners to celebrate the Genesee and its lasting legacy in our region. A variety of events including guided walks and paddles will highlight the autumn splendor of the corridor and provide safe, family friendly fall adventures in the heart of our community. Enjoy a walk or bike ride showcasing the City's ambitious Roc the Riverway initiative and the natural and cultural history of the Genesee River, enjoy Autumn at the Port of Rochester where your family can enjoy live music, pumpkin decorating and a zip line, or head down to Seth Green Park to release baby sturgeon by lower falls. There is something for everyone at the 2024 Roc the Riverway Weekend! Contact [stephanie.benway@cityofrochester.gov](mailto:stephanie.benway@cityofrochester.gov) for more info. Visit [cityofrochester.gov](http://cityofrochester.gov) for details.



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/](http://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, 2 – 9 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 Afterschool 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:** Ages 8-17. Tue., 4 – 5 p.m.

**Youth Voice One Vision:** Ages 12-17. Wed., 4 – 5 p.m.



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

**Junior Basketball Clinics:** Ages 9-11. Sat., 12 – 1 p.m.

**Biddy Basketball:** Ages 6-8. Sat., 10:30 – 11:30 a.m.

**Girls Roc Sports program:** Ages 8-15. Tue., 6 – 8 p.m.

**Open Volleyball:** Ages 13-17. Fri., 6 – 8:45 p.m.

**Dr. Kamae Martial Arts:** Ages 6-13. Sat., 11 – 12:30 p.m.

## R-Select Programs for Adults

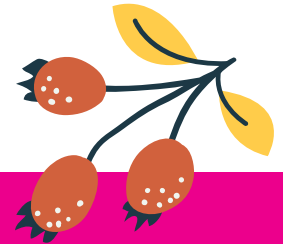
(Details on page 11)

**Zumba:** Ages 18+. Sat., 9:45 – 10:30 a.m.

**Women's Fitness Class:** Ages 18+. Tue & Thu., 6 – 7 p.m.

**Open Basketball:** Ages 15+. Mon., & Sat., 6 – 8:45 p.m.

**Pickle Ball:** Ages 15+. Thu., 6 – 8:45 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](mailto:Shaylin.Cox@CityofRochester.Gov)



# Avenue D

## R-CENTER

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

### HOURS

M-F, 2 – 9 p.m.  
Closed Sat.



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

**R-Stars Afterschool Program:** Email [RCenterinfo@cityofrochester.gov](mailto:RCenterinfo@cityofrochester.gov) for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

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

**Young People Advancing Forward (Female):** Ages 12-17. Mon., 6 – 7 p.m.

**Young People Advancing Forward (Male):** Ages 12-17. Tue., 6 – 7 p.m.

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

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

**R-Chef Club:** Ages 6-17. Tue., 4 – 5:30 p.m.

**Flag Football:** Ages 15 under. Mon. -Thu., 4 – 6 p.m.

**Hip-Hop/Freestyle Dance:** Ages 6-15. Wed., 4 – 6 p.m.

**Video Game Challenge:** Ages 6-17. Mon.-Fri., 3 – 5 p.m., 6 – 7 p.m.

**Volleyball:** Ages 8-17. Thu., 6 – 8 p.m.

**Modern Drumming:** Ages 8-16. Thu., 5 – 6 p.m.

### R-Select Programs for Adults

*(Details on page 11)*

**Open Basketball:** Ages 18+. Mon., Tue., & Wed., 6 – 8:30 p.m.



## GET OUTSIDE THIS FALL WITH EARTH EXPLORERS!

Do you love exploring the outdoors and learning about nature and the planet? Join Earth Explorers for nature-based learning, science crafts and activities, indoor rock climbing, gardening & more!

**QUESTIONS?** 428-7836 [Amanda.Little@CityofRochester.gov](mailto:Amanda.Little@CityofRochester.gov)

**Follow Us!** Instagram [@earthexplorerroc](https://www.instagram.com/earthexplorerroc)

**LEARN MORE AT:** [CityofRochester.gov/COBOR](http://CityofRochester.gov/COBOR)

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

## ROCHESTER Children's Outdoor Bill of Rights

is our pledge to provide every child in our city equal access to nature and the outdoors.

NO CHILD LEFT INSIDE



**STARTING SEPT. 10 THROUGH MAY 19**

**Thomas P. Ryan R-Center**

**Trenton & Pamela Jackson R-Center**

**Edgerton R-Center**

**Willie Walker**

**Lightfoot R-Center**



# Carter Street

## R-CENTER

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

### HOURS

M-F, 2 – 9 p.m.

Closed Sat.



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

**R-Stars Afterschool 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:** Ages 8-17. Tue., 4 – 5 p.m.

**Youth Voice One Vision:** Ages 12-17. Wed., 4 – 5 p.m.

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

**R-Chef Club:** Ages 8-15. Mon., 4 – 5 p.m.

**Youth Sports Night:** Ages 8-15. Fri., 5:30 – 7:30 p.m.

**4 on 4 In-House Flag Football League:** Ages 10-15. Wed., 5:30 – 7:30 p.m.

**Soccer with Eski:** Ages 4-10. Tue., & Thu., 6 – 7 p.m.  
Ages 11-15. Tue., & Thu., 7 – 8 p.m.

### R-Select Programs for Adults

*(Details on page 11)*

**Open Basketball:** Ages 15+. Mon., 6 – 8:45 p.m.

**Zumba:** Ages 18+. Mon., 5:45 – 6:30 p.m.



MVP<sup>®</sup>  
HEALTH CARE

**FALL  
FEST**

IN PARTNERSHIP WITH **DOWNTOWN DEFINITELY**

**Saturday, Sept 28**  
**11 a.m. - 2 p.m.**



# Tyshawn Cauldwell

## R-CENTER FOR HOPE

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

### HOURS

M-F, 2 – 9 p.m.  
Closed Sat.

17



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

**R-Stars Afterschool Program:** Email [RCenterinfo@cityofrochester.gov](mailto:RCenterinfo@cityofrochester.gov) for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

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

**Young People Advancing Forward:** Ages 10-17. Tue., 6 – 7 p.m.

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

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

**Color Me Creative:** Ages 6-15. Wed., & Fri., 6 – 7 p.m.

**R-Chef Club:** Ages 8-12. Fri., 5:30 – 7 p.m.

**Youth Dance Expression:** Ages 6-15. Mon.-Wed., 6 – 7 p.m.

**Sports Conditioning:** Ages 8-15. Thu., 6 – 7:30 p.m.

### R-Select Programs for Adults

*(Details on page 11)*

**Open Basketball:** 18+, Mon., 6 – 8 p.m.

Rochester Animal Services

# Stick Together



Fur-Sure Ways to Keep  
Your Pet Safe & Secure



Check out tips and strategies to keep  
your beloved pets safe and secure.

[CityofRochester.gov/  
StickTogether](http://CityofRochester.gov/StickTogether)

# Frederick Douglass

## R-CENTER

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

## HOURS

M-F, 2 – 9 p.m.  
Sat. Closed



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

**R-Stars Afterschool Program:** Email [RCenterinfo@cityofrochester.gov](mailto:RCenterinfo@cityofrochester.gov) for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

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

**Young People Advancing Forward:** Ages 8-14. Wed., 4 – 5 p.m.

**Youth Voice One Vision:** Ages 10+. Wed., 4 – 5 p.m.

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

**Plant to Plate:** Ages 8-12. Sept. 10, Oct. 16, Nov. 20. 6 – 7 p.m..

**Lego Lab:** Ages 8-12. Nov. 2 through April 26. 3 – 4 p.m.

## R-Select Programs for Adults

(Details on page 11)

**Fitness Awareness:** Ages 18+. Mon., 5:30 – 7 p.m.

**Open Basketball:** Ages 18+. Tue., 6:30 – 8:30 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!



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

**R-Stars Afterschool Program:** 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.

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

**Earth Explorers:** Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12.

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

**Just Dance:** Ages 6-15. Mon., Wed., Fri., 6 – 7 p.m.

**Color Me Creative:** Ages 8-13. Wed., & Fri., 6 – 7 p.m.

**Paint and Bake Ceramics:** Ages 6-16. Sept. 17, Oct. 1, Oct. 15, Nov. 15, Nov. 22. 6 – 7 p.m.

### R-Select Programs for Adults

*(Details on page 11)*

**Paint and Bake Ceramics:** Ages 18+. Sept. 24, Oct. 8, Oct. 22, Nov. 19, Dec. 3, Dec. 17. 6 – 7 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, 10 a.m. – 9 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



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

**R-Stars Afterschool Program:** Email [RCenterinfo@cityofrochester.gov](mailto:RCenterinfo@cityofrochester.gov) for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

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

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

**Top Chef:** Ages 8-17. Tue., 4 – 5 p.m.

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

**Game Day:** Ages 6-17. Mon.-Fri., 2 – 8 p.m.

**Roc Royals Step & Dance:** Ages 8-17. Mon., & Wed., 6 – 8 p.m. Sat., 11 – 1 p.m.

**Grupo Cultural Latinos Dance:** Ages 6+. Thu., 6 – 8 p.m.

**ROCMusic Rhythm:** Ages 6-17. Tue., & Thu., 4 – 6 p.m.

**Martial Arts:** Ages 6+. Mon., & Wed., 5 – 6 p.m.

**Open Volleyball:** Ages 6+. Tue., 4 – 6 p.m.

## R-Select Programs for Adults

*(Details on page 11)*

**Adult Basketball:** Ages 21+. Fri., 6 – 8 p.m.

**Art & Painting:** Ages 21+. Thu., 6 – 7 p.m.



# International

P L A Z A

# MARKET

# Days!

SUNDAYS

1-5 P.M.

MAY 5 - OCTOBER 13, 2024

828 N. Clinton Ave., Rochester NY  
[f](https://www.facebook.com/TheInternationalPlazaROC) [i](https://www.instagram.com/TheInternationalPlazaROC) [@TheInternationalPlazaROC](https://www.twitter.com/TheInternationalPlazaROC)

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](https://www.cityofrochester.gov/InternationalPlaza)

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

# Trenton & Pamela *Jackson*

## R-CENTER

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

### HOURS

M-F, 8:30 a.m. – 9 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



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

**R-Stars Afterschool 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 (Female):** Ages 17 and under. Wed., 5 – 6 p.m.

**Young People Advancing Forward (Male):** Ages 17 and under. Fri., 5 – 6 p.m.

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

**Earth Explorers:** Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12.

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

**Crochet Class:** Ages 13 under. Tue.,-Thu., 4 – 5 p.m.

**Wheelchair Basketball:** Ages 13 under. Wed., 5 – 8:30 p.m.

**Charles Murray Boxing:** Ages 12 under. Mon.-Fri., 3 – 6 p.m.

**Boxing - Munoz:** Ages 13+. Mon.-Fri., 6 – 9 p.m.

**Cadets:** Ages 21 and under. Thu., 5 – 9 p.m.

**Anime Club:** All Ages. Fri., 6 – 7:30 p.m.

**Chess Club:** All Ages. Mon., & Fri., 6 – 7:30 p.m.

### R-Select Programs for Adults

*(Details on page 10)*

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

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

**Wheelchair Basketball:** Ages 18+. Wed., 5 – 8:30 p.m.



## 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](mailto: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, 2 – 9 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



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

**R-Stars Afterschool 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.

**Youth Voice One Vision:** Ages 10+. Thu., 4 – 5 p.m.

**Young People Advancing Forward:** Ages 8-14. Tue., 4 – 5 p.m.

**Earth Explorers:** Email Amanda.Little@cityofrochester.gov for more information. Ages 6-12.

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

**Flocabulary:** Ages 6-10. Mon.-Wed., 3:45 – 4:45 p.m.

**Basketball Skills and Drills:** Ages 8-14. Fri., 4 - 5 p.m.

**Fundamentals To Cooking:** Ages 10-14. Wed., 6 – 7 p.m.

### R-Select Programs for Adults

*(Details on page 11)*

**Adult Roller Skating:** Ages 17+. Wed., 7 – 9 p.m.

**Adult Open Basketball:** Ages 17+. Tue., & Fri., 6:30 – 8:30 p.m.



# Roxie Sinkler

R-CENTER 75 Grover St. • 428-7827

### Mentors Inspiring Boys and Girls (MIB&G)

#### School Year Afterschool:

Accelerated reading, accelerated math, homework help, tutoring, mentoring.

Ages 5-18. Mon.-Fri., 2 – 5 p.m.

### Mentors Inspiring Boys and Girls (MIB&G)

#### Evening Programming:

Theater, creative writing, dance, step, basketball, boxing, life skills, entrepreneurial skills, mentoring, performances, field trips, family/youth workshops.

Ages 5-18, Mon.-Fri., 5 – 8 p.m..



*Inspiring youth with hope and opportunity.*



Visit [mibandg.org](http://mibandg.org) to register

# Thomas P. Ryan

## R-CENTER

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

### HOURS

M-F, 2 – 9 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



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

**R-Stars Afterschool Program:** Email [RCenterinfo@cityofrochester.gov](mailto:RCenterinfo@cityofrochester.gov) for more information. Ages 6-12. Mon.-Fri., 2 – 5:30 p.m.

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

**Young People Advancing Forward:** Ages 13-18. Thu., 4 – 4:30 p.m.

**Youth Voice One Vision:** Ages 13-18. Tue., 4 – 4:30 p.m.

**Earth Explorers:** Email [Amanda.Little@cityofrochester.gov](mailto:Amanda.Little@cityofrochester.gov) for more information. Ages 6-12.

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

**Men of Impact:** Ages 13-18. Tue., 6 – 7 p.m.

**EmpowerHER Creations & Conversations:** Ages 13-18. Wed., 7 – 8 p.m.

**Roblox Busy Builders:** Ages 6-13. Mon., 4 – 5 p.m.

**Sports Support Squad:** Ages 8-15. First Monday of Every Month. 4 – 5 p.m.

**FitKids Program:** Ages 6-13. Tue., 4 – 4:30 p.m.

**Confident Kids:** Ages 6-13. Thu., 5 – 6 p.m.

**Homework Help:** Ages 6-13. Mon.-Fri., 2 – 3 p.m.

### R-Select Programs for Adults

*(Details on page 11)*

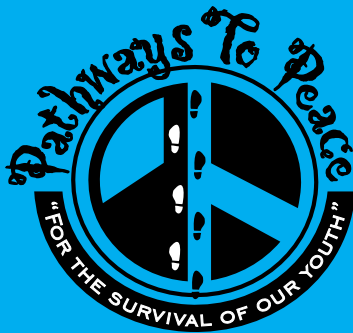
**Soul Line Dancing:** Ages 18+. Sat., 11 – 12:30 p.m.

**Soul Fitness:** Ages 18+. Sat., 10 – 11 p.m.

**Open Basketball:** Ages 18+. Mon., - Fri., 6 – 8:30 p.m.; Sat., 1 – 4 p.m.

**Women's Night:** Ages 18+. Thu., 6 – 7 p.m.

**Positive Pathways:** Ages 18+. Thu., 6 – 7 p.m.



# THE VIOLENCE STOPS HERE.

# CHANGE YOUR LIFE.

**HELP IS HERE:**

Call: 428-SAFE (428-7233)

Call or text: 314-8666

For more information, go to:  
[cityofrochester.gov/pathwaystopace](http://cityofrochester.gov/pathwaystopace)



Refer a youth

# 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.

Email [Mike.Corey@cityofrochester.gov](mailto:Mike.Corey@cityofrochester.gov) for more information. FREE for city residents.

**Adams St. R-Center**, 85 Adams St. **Session 1:** Ages 5 and under. Thu., 6 – 7:30 p.m. Oct. 3 – Nov. 7.

**Session 2:** Ages 6-17. Sat., 10 – 11:30 a.m. Oct. 5 – Nov. 23.

**Trenton and Pamela Jackson R- Center**, 485 N Clinton Ave. Ages 5 under. Thu., 6 – 7:30 p.m. Oct. 3 – Nov. 7.

**GVP Sports Complex**, 131 Elmwood Ave., Ages 6-17. Fri., 6 – 7:30 p.m. Oct. 4 – Nov. 22.

Email [Shalom.Singer@cityofrochester.gov](mailto:Shalom.Singer@cityofrochester.gov) for more information.

**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](mailto:meltzerjosh@gmail.com).

**Adams St. R-Center**, 85 Adams St.  
Ages 6+. Sept.2024 – June 2025

## Lifeguard Development Class:

This class is tailored to help future lifeguards master the skills required to pass the lifeguard swim test, ensuring they're fully prepared for certification.

**Trenton and Pamela Jackson R- Center**, 485 N Clinton Ave. Ages 15+.

**Session 1:** Mon., & Tue., 6 p.m. – 7:45 p.m. Oct. 1 – 29.

**Session 2:** Mon., & Tue., 6 p.m. – 7:45 p.m. Nov. 4 – 26.

Email [Shalom.Singer@cityofrochester.gov](mailto:Shalom.Singer@cityofrochester.gov) for more information.

## Adult Swim Lessons

**Adams St. R-Center**, 85 Adams St. Ages 18+. Tue., 6 – 7:30 p.m. Oct. 8 – Nov. 13. \$24 Fee.

**Trenton and Pamela Jackson R- Center**, 485 N Clinton Ave. Ages 18+. Wed., 6 – 7:30 p.m. Oct. 9 – Nov. 14. \$24 Fee.

Email [Shalom.Singer@cityofrochester.gov](mailto:Shalom.Singer@cityofrochester.gov) for more information.

## Youth Athletics

**Genesee Valley Youth Hockey Program:** Focuses on developing fundamental hockey skills and skating techniques, providing a solid foundation to advance to the next level of play.

**GVP Sports Complex**, 131 Elmwood Ave., Ages 6-17. Sat., 10:15 a.m. – 11:45 p.m. Sept. 14 – Nov. 30. Contact [FlorenceClemmons@gmail.com](mailto:FlorenceClemmons@gmail.com). \$175 fee for non-residents.





# Rochester Community Sports Complex

460 Oak St., 428-6841



## Basketball

For more info, contact [eric.rose@cityofrochester.gov](mailto:eric.rose@cityofrochester.gov).

### Fall Training Sept. 9 - Nov. 7

**Advanced Middle School Training:** Ages 10-14.  
Mon., 6 – 8 p.m.

**Advanced Middle School Training:** Ages 13-18.  
Tue., 6 – 8 p.m.

**Middle & High School Training (Not Advanced):**  
Ages 10-18. Wed., 6 – 8 p.m.

**Advanced Middle & High School Training (Girls):**  
Ages 10-18. Thu., 6 – 8 p.m.

### Fall Training Nov. 18 - Dec. 16

**Girls Basketball For Beginners:** Ages 8-13.  
Mon., 6 – 7:30 p.m.

## Track

For more info, contact [lisa.taylor@cityofrochester.gov](mailto:lisa.taylor@cityofrochester.gov)  
or Coach Johnson (585) 305-0090

### Fall Training Sept. 9 - Nov. 7

**Advanced Speed & Agility Training:** Ages 13-18.  
Mon., & Wed., 6 – 8 p.m.

**Beginner Speed & Agility Training:** Ages 8-12.  
Tue., & Thu., 6 – 8 p.m.

## Sports Complex Hours:

Mon.-Fri., 10 a.m. – 10 p.m.  
Sat. & Sun., 10 a.m. – 6 p.m.

## Fitness Rooms:

Mon.-Fri., 10 a.m. – 9:30 p.m.  
Sat. & Sun., 10 a.m. – 5:30 p.m.

## Soccer

For more info, contact [rochestercitysoccerleague.org](http://rochestercitysoccerleague.org)  
or register at [rochestercitysoccerleague.org](http://rochestercitysoccerleague.org).

### Fall Training Sept. 8 - Oct. 7 (Outdoor)

**Soccer School:** Ages 4-18. Sun., 1 – 5 p.m.

### Fall/Winter Training Nov. 11 - Dec. 15 (Indoor)

**Girls Basketball For Beginners:** Ages 4-18.  
Mon.,-Thu., 6 – 8 p.m.

### Fall/Winter Soccer Skills Nov. 9 - March (Indoor)

**Soccer Academy:** Ages 4-18.

**Session 1:** Sat., 10 a.m. – 1 p.m.

**Session 2:** Sun., 1 – 5 p.m.



# Youth Leadership Programs

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



## 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. Working together to create opportunities, events and activities that inspire our community in a positive way. The goal is to establish a diverse membership of youth who can provide expertise in various fields and to inform and influence policies related to youth issues. Email [Tremain.Harris@cityofrochester.gov](mailto:Tremain.Harris@cityofrochester.gov) for more information. Ages 13-19.



**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 for non-city residents. Contact [Adrianna.Lester@cityofrochester.gov](mailto:Adrianna.Lester@cityofrochester.gov) for more information. Ages 10-13 & 14-18.



**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](mailto: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](mailto:alvin.simpson@cityofrochester.gov). Ages 6-11. October-May.



**RISE:** The RISE health education team serves the Rochester community through NYS approved evidence-based curricula, community-based programming, outreach and educational activities. Through the Sexual Risk Avoidance Education (SRAE) and the Comprehensive Adolescent Pregnancy Prevention (CAPP) grants, RISE seeks to reduce the rates of unplanned pregnancy, sexually transmitted disease (STDs) and HIV in the Rochester community. Serving youth ages 10-18 years of age, RISE seeks to provide the knowledge, confidence, skills, and resources necessary to make healthy, informed decisions. RISE also offers workshops for parents, caregivers and professionals to support safe adults in caring conversations. To partner with us or for more information about our programming, contact us at: 428-6899 or email [RISE@cityofrochester.gov](mailto:RISE@cityofrochester.gov).



**SOAR:** SOAR Leadership Team is comprised of youth from the community that meet weekly at 57. St.



Paul St. to receive training in 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](mailto: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.



**ROC MBK**

**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](mailto:Cheffan.Hagins@cityofrochester.gov)

# Highlights

## Staff Spotlight:

### Facts about Carmen Jones:

Carmen Jones is a Community Center Manager that oversees Frederick Douglass and Willie W Lightfoot R-Centers. She joined the City of Rochester team as a youth worker and has been an employee for a total of 23 years. When she was growing up, she participated in activities at the Ave D R-Center and Baden Street Community Center.

### Carmen's favorite story about being at an R-Center:

"As a rec kid, I was able to meet so many people who encouraged me to always be great. I was a shy person but I loved to be engaged in all activities especially sports. As a kid, my most favorite sport was Double Dutch. I began as a "Jazzy Jumper" with Baden Street then I transitioned to the Ave D Rec Center where I became a "Jumping Sensation."

My time being on the team provided me the opportunity to compete in competitions locally and nationally. I learned about serving my community as well. As I grew through the recreation world, I gained the best mentors including my godmother, Ms. Annie Pride, Tim "Buck" Levert, "Mr. J", Mrs. Nancy Johns Price, Bill Johnson, John Picone, Anthony Jordan, Jim Farr, Carla Stough-Huffman and many, many more. My experiences inspired a passion for working with youth. To this very day, I still have that passion, and it has only grown as I work as a Community Center Manager for the Department of Recreation and Human Services. I am forever grateful and thankful to city of Rochester for having recreation centers with caring adults. I can attribute my qualities and caring heart to my time at rec as a kid and to the positive role models in my life."



### Rec staff member that had the biggest impact on Carmen as a youth:

Mrs. Annie Pride-Lurry

### What Carmen learned at the R-Center that she now uses while working at the R-Centers:

"I learned to what it means to love one another and communicate effectively."

### Why Carmen feels R-Centers are so important for youth:

"R-Centers are so important for youth because it is a home away from home. They provide a sense of belonging, love, support, and free meals to those 18 and younger."

### What impact did being a Rec kid have on Carmen's life?

"Being a rec kid had a huge impact on my life. I was exposed to many areas of life that I probably would not have been exposed to if I did not attend rec."



## Beauty pageant queens show RAS pups some love

Christian Miss-NY/NJ/TX, an organization that helps young women shine bright in this world by becoming positive, bold, and uncompromising role models, stopped by Rochester Animal Services to show pups some love and help get them adopted. The dogs had a great time getting hugs and giving kisses!



Photo courtesy of Pixel Pups Photography

Want to help  
*Animals?*

**VOLUNTEER**  
at Rochester  
Animal Services!



### Are you an animal lover with love to spare?

Rochester Animal Services is seeking volunteers, 18 and over, to help us care for the animals in our care.

### As an Animal Services volunteer, you can:

- Enhance the quality of animals' lives during their stay in the shelter;
- Improve customer service, including lost-pet returns and adoptions;
- Promote programs and services to support adoptions, pet-retention and the human-animal bond.



Call **585-428-6788** or visit  
[CityofRochester.gov/RASvolunteer](http://CityofRochester.gov/RASvolunteer)



**Supporting  
Human-Animal Bonds**

# 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+.

Fourth Annual  
**COMMUNITY  
Employment  
FAIRS**

# ROC THE BLOCK

**ROC the Block** is a community-based hiring initiative that brings businesses and recruiters to the city's four quadrants. With this fun, local, block-party styled event, Rochester employers and residents can meet to discover employment and wrap-around resource opportunities.

**SAVE THE  
DATE:**

**Wed., Sept. 25**  
**11 A.M. - 2 P.M.**

**Parcel 5**  
**285 E Main St.**

**Questions?** [Shawn.Futch@cityofrochester.gov](mailto:Shawn.Futch@cityofrochester.gov)

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](mailto:Roctheblock@cityofrochester.gov)**

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

*Wegmans*

 **IBERO**  
INTERNATIONAL BUSINESS EMPLOYMENT RESOURCE ORGANIZATION

 **Foodlink**  
NOURISHING LIVES



# FALL VIBES



### ARTIST ROW:

Presented by the Friends of the Public Market, Artist Row is a celebration of art and community featuring over 150 local artists and artisans, live entertainment, food vendors, family activities and food trucks. Admission and parking are free.  
**Sunday, Sept. 15, 10 a.m. – 4 p.m.**  
[artistrowrochester.com](http://artistrowrochester.com)

### FOOD TRUCK RODEOS

The Food Truck Rodeos draw tens of thousands of hungry attendees, and dozens of food trucks selling limitless creative dishes, drinks, and desserts bursting with Rochester flavor. This event series is co-hosted with Rohrbach Brewing Company on the last Wednesday of the month.  
**Wednesday, Sept. 25. 5 – 9 p.m.**  
[cityofrochester.gov/foodtruckrodeo](http://cityofrochester.gov/foodtruckrodeo)

### HALLOWEEN AT THE MARKET:

Rochester's largest Halloween gathering. Over 80 not-for-profit agencies who focus on youth and families will provide information on their services as well as treats and activities. The event also features a variety of other activities from a Halloween-themed photo booth, to performances by Grupa de Mexico and Roc City Circus and much, much more. Free.  
**Sunday, Oct. 27, 4:30 – 7 p.m.**  
[cityofrochester.gov/market/halloween](http://cityofrochester.gov/market/halloween)

SWAN MARKET

CITY OF ROCHESTER Public Market

BREWING Co. 1991 ROHRBACH COMPANY

# Oktoberfest

FRIDAY  
**Sept. 20**  
5 - 10 p.m.

TRADITIONAL GERMAN DANCERS &  
**BEER** 🍪 **FOOD** 🍪 **MUSIC**

FAMILY FRIENDLY EVENT WITH FUN ACTIVITIES  
AND REC ON THE MOVE FOR THE KIDS!

CITY OF ROCHESTER **PUBLIC MARKET** 280 N. UNION STREET

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](http://cityofrochester.gov/publicmarket)



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BE SOCIAL

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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](http://cityofrochester.gov/facilityrental)

**Rcentral** online  
Explore + Discover + Connect!



QUESTIONS? 428-6755

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

