

REGISTER TODAY

Programs Begin
December 1

See extended hours for
holiday and winter school
recesses on page 3.



Feature Story, pg. 4

R-GUIDE

Winter 2024-2025



CITY of ROCHESTER
Malik D. Evans, Mayor

Welcome!

Don't let cabin fever get you down this winter. The City R-Centers are a great place to chill.

Inside you will find a full lineup of programs for residents of all ages—including activities to keep kids physically active, mentally engaged and emotionally supported by caring adults after school and throughout the season.

Whether you're into cooking, sports, computer science, or simply hanging out with friends, there's an activity, class, club, or league waiting. The R-Centers make it impossible to say, "there's nothing to do." There are even some programs, such as the Youth Voice One Vision Mayor's Advisory Council that I remember enjoying in my younger days!

But it's about more than just the activities. We're providing every opportunity we can to bring young people together with adults who are good role models and can help them to be successful.

Now, go ahead—dive into this guide and see for yourself why the City R-Centers are pretty cool.



Malik D. Evans
Mayor, City of Rochester



The sun goes down early in winter. But the smiles are always big and bright at the City R-Centers.

Whether you're one who can't get enough of the winter snow or one who prefers the coziness of activities indoors, I'm delighted to share with you all that our R-Centers have to offer this season.

Get ready to enjoy signature offerings such as the "R-Stars After School Program" and "Young People Advancing Forward" that you can find across our entire R-Center network, as well as the unique experiences at select locations such as Jackson R-Center's boxing club and Edgerton R-Center's ceramics classes.

These aren't cookie-cutter, one-size-fits-all programs that just get dropped into any R-Center in any neighborhood. The programs offered at each R-Center reflect a running conversation between R-Center staff and the members they serve.

So, don't let the shorter days get you down. We'll keep a light on for you at the City R-Centers.



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



WINTER PROGRAMS RUN DEC. 1, 2024 – FEB. 28, 2025

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



*"Winter is not a season,
it's a celebration."*

- Anamika Mishra

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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	

EXTENDED HOURS FOR RECESSES

To help keep children safe and supported during the Rochester City School District's extended recess periods, R-Center weekday activities convert to **9 a.m. to 6 p.m.** Breakfast and lunch are provided. R-Centers are closed on federal holidays.

School recess hours will be in effect Dec. 23 through Jan. 2 (closed Dec. 25 and Jan. 1); and Feb. 18 through 21 (closed Feb. 17).

City of Rochester Expands Youth Engagement Through

Esports Programs

Video games are more than fun and games these days.

As more children and adults turn to on-line gaming and Esports as their preferred form of active recreation, the City is preparing to create formal Esports teams in every R-Center.

"We're always looking for opportunities to engage our kids with programs that they're interested in, to meet them where they are," said Dr. Shirley Green, Commissioner of the Department of Recreation and Human Services. "And these days, more and more of our kids are on-line with their friends playing Esports. And Esports is good for you, so this program is a natural fit for the R-Centers."

Leading the City Esports teams program is Chris Williams, an Esports instructor at Vertus High School who has organized area gaming tournaments for more than a decade. These include the Mayor's Madden Esports Invationals, which kicked off at the Gantt Center in 2023 as an initiative of Mayor Malik D. Evans, who's also big fan of Esports.

"Games allow kids to grow and explore possibilities," said Williams. "Being around people who love what you love and are into what you're into is an ice breaker. I see it at every tournament."

Esports has many benefits for children, including stimulating cognitive development;

encouraging communications and teamwork; and promoting social interaction.

And with the Esports industry expected to approach \$2 billion by 2025, the R-Center Esports teams will also open the door to future careers for children who have limited access to the gaming technology at home.

A growing number of universities, colleges, public school districts and municipal recreation programs are embracing Esports with sanctioned tournaments, leagues, teams and clubs. Some colleges and universities also offer degrees in Esports Management, including Keuka College, Ohio State University and the University of California Irvine.

This isn't the City's first foray into gaming-based youth engagement. R-Centers already offer many gaming and Esports opportunities at their computer labs; the Rochester Police Department's Community Affairs Bureau secured a \$145,000 grant to create a mobile gaming vehicle that brings gaming to city neighborhoods; and the Central Library of Rochester hosts a gaming team called the Liberators and holds a gaming month each August.





Rochester's gaming ecosystem is already robust. Rochester Institute of Technology's prestigious game design program; the Eastman School of Music's video game scoring program; and the Strong Museum is. The National Esports Association, based in Pittsford, focuses on integrating gaming into education and partners with RIT on youth enrichment programs.

But Williams said the kids don't have to think about any of that stuff while they're playing. Because for them, it can be all about fun and games.

"It was the sounds, colors and community that brought me to gaming," he said. "Now I'm grateful for the opportunities it gave me. I'm glad to I've been able to connect with so many wonderful people."

"Games allow kids to grow and explore possibilities," said Williams. "Being around people who love what you love and are into what you're into is an ice breaker. I see it at every tournament."



ROCHESTER Children's Outdoor Bill of Rights
is our pledge to provide every child in our city equal access to nature and the outdoors.

LEARN TO RIDE A BIKE

Certified bike instructors will help your kids learn how to ride without training wheels, in a safe, indoor space. **FREE** fitted helmet provided by the Office of Monroe County Traffic Safety.

Bikes will be available for lessons and are provided by R Community Bikes.



1st GRADE AND UP
SPACE LIMITED

Thurs., January 16

4:30 - 6 p.m.

Trenton & Pamela Jackson R-Center
485 N Clinton Ave.

Sat., April 12

10:30 a.m. - 12 p.m.

Adams St. R-Center
85 Adams St.

Tues., February 11

5 - 6:30 p.m.

Adams St. R-Center
85 Adams St.

Thurs., May 15

4:30 - 6 p.m.

Trenton & Pamela Jackson R-Center

Wed., March 12

5 - 6:30 p.m.

Thomas P. Ryan R-Center
530 Webster Ave.

Wed., June 11

5 - 6:30 p.m.

Thomas P. Ryan R-Center
530 Webster Ave.



For more information contact:

Stephanie.Benway@
CityofRochester.Gov

**Participants must register on R-Central.
Visit CityofRochester.gov/R-Central**

Learn more! Visit: CityofRochester.gov/COBOR

R-Signature Programs



These foundational programs are offered at every R-Center to keep youth physically active, mentally engaged and emotionally supported in the presence of caring adults.

R-Teens: An open recreation program in the afterschool hours geared towards the interests of teens and young adults, ages 13 to 18. Activities include sport and fitness, dance and step, gaming, socializing with friends, field trips, special events and more!

R-Stars Afterschool: An open recreation program in the afterschool hours that provides children ages 6 to 12 a fun and nurturing environment in the presence of caring adults. Youth participate in a variety of recreational activities that keep them moving, engaged and supported. Dinner is provided.

Young People Advancing Forward: A youth development group that helps youth improve life skills through educational workshops, service learning, field trips, and more. To see the specific age for participants at each R-Center, visit their R-Center page.

Youth Voice One Vision: A program for youth of all ages that promotes self-advocacy and team building by offering opportunities to plan and participate in social events and engage in the democratic process to influence and implement R-Center programs and activities. Each R-Center YVOV Committee elects representatives to the Citywide YVOV Executive Committee, which serves as Mayor's Youth Advisory Council.



A fun and nurturing after school program for City of Rochester youth.

R*STARS

OPEN RECREATION AFTER SCHOOL PROGRAM

AGES
6-12

FREE



SNACK &
DINNER
SERVED

SEPT. 9, 2024 THRU JUNE 20, 2025
MON. – FRI., 2 – 5:30 P.M.

Participants can enjoy recreational activities to keep them safe and engaged after school.

STEM, YOUTH GROUPS, FIELD TRIPS,
SPORTS & FITNESS, DANCE, GAMING,
AND SO MUCH MORE!

FREE PLAY
TIME

HOMEWORK
HELP

For more information email:
RCenterInfo@cityofrochester.gov

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.
Sat., 10 a.m. – 4:15 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.

Work out for **FREE** at state-of-the-art fitness centers at these City R-Centers



R-Select Programs



Like the people they serve, Rochester's R-Centers share much in common but retain their own unique character. Each Center offers a selection of customized activities, courses, teams, clubs, leagues, and groups that create opportunities for members to have fun while preparing their minds and bodies for a lifetime of success.

Registered R-Center members can participate in any program at any Center, regardless of location. View the summary index of R-Select Programs on the following pages to find those that match the interests of you or your family members; then visit the individual R-Center page where the program is offered to find schedules and learn more.

Youth Programs: Physical activity, mental stimulation and relationship building for fun and fulfillment.

Life Skills and Friendship Development: *Laying a foundation for emotional health and wellness.*

- **Young Men's Council Group:** Young men and boys ages 8 and over meet twice a week to focus on personal growth, leadership, self-advocacy, and community involvement. **Adams**
- **Boyz to Men Group:** This leadership group for teens ages 13 to 17 is a dynamic program designed to empower young men through personal growth, mentorship, and community engagement. This group provides a supportive environment where participants can develop essential leadership skills, build confidence, and connect with peers. **Gantt**
- **Young Women Magic:** A supportive and inspiring community that puts young women on the path to reach their full potential and fulfilling futures. This program focuses on personal growth, self-confidence, and leadership skills to foster a sense of belonging and sisterhood. **Gantt**
- **Men of Impact:** A mentor-based program for youth ages 9 and over that encourages personal growth and social cohesion through community discussions and event planning. Adult men from the community serve as "Men of Impact" who engage youth in thoughtful dialogue, offer guidance through challenges, and foster positive relationship building. Youth drive their own positive progress by developing and organizing community-focused special events. **Ryan**
- **Boys' Group:** Pre-teen and early teen boys, ages 10 to 14, approach the threshold of manhood in a spirit of fellowship, fun and service under the supportive guidance of caring mentors. A framework of engaging,

on-site activities and field trips forms a safe space for youth to discuss growing pains while learning and developing the character traits of successful men.

Lightfoot

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

- **Chess Club:** Learn and practice the rules, strategies and mental benefits of one of the world's most ancient board games. **Jackson**
- **Time to build with Lego:** Meet in the Lego Labs 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 bricks. **Jackson, 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**
- **E-Gaming:** Competitive social and team building groups for entertainment, fun and bragging rights through video game play. **Lightfoot**

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

- **Earth Explorers:** Do you love exploring the outdoors and learning about nature and the planet? Join Earth Explorers this winter for nature-based learning, science crafts and activities, indoor rock climbing, playing in the snow, and more! Ages 6 to 12. **Ryan, Carter, Edgerton, Jackson, Lightfoot**

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

- **Open Basketball:** Come shoot some hoops or play pickup games of basketball. **Carter**
- **Football:** Teams will play a fast-paced fun and exciting game of football. **Jackson**

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

- **Youth Sports:** Designed to promote physical fitness, teamwork, and personal development through a variety of sports. Our program caters to young athletes of all skill levels, providing a supportive environment where they can learn, compete, and have fun. **Gantt**
- **Youth Sports Night:** Your opportunity to play some of the classic team sports, including volleyball, soccer, floor hockey, and wiffle ball. **Carter**
- **Soccer with Eski:** Enjoy fun and competitive soccer games. **Carter**
- **Biddy Basketball:** Younger players have fun and learn the fundamentals of basketball based on an international instruction technique. **Adams, Jackson**
- **Flag Football:** Sharpen your skills with basic and intermediate flag football. **Ave. D**
- **Volleyball:** Fun and competitive volleyball games for youth. **Ave. D**

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

- **Girls Basketball with Rec on the Move:** Learn new skills, healthier lifestyles, teamwork and how to improve your overall mental and physical strength. **Ryan**
- **Girls Roc Sports Program:** Girls explore different sports, develop new skills, and make lasting friendships in a supportive and encouraging environment. **Adams**
- **Junior Basketball Clinics:** Focus on the fundamental skills, teamwork, and the joy of the game. **Adams**
- **Girls Volleyball Clinics:** Join us for volleyball to improve your skills in a fun and supportive setting. Experienced coaches will help you with techniques, game strategy and teamwork! **Douglass**
- **Girls Softball Clinics:** Join us for these exciting, skill building softball clinics! Under the guidance of experienced coaches, participants will work on fundamental softball skills, including hitting, fielding,

pitching and base running. The clinic will also focus on teamwork, strategy and sportsmanship, ensuring a well-rounded learning experience. **Douglass**

- **Boys Baseball Clinics:** Join us for these exciting, skill-building baseball clinics! Under the guidance of experienced coaches, participants will work on fundamental baseball skills, including hitting, fielding, pitching and base running. The clinic will also focus on teamwork, strategy and sportsmanship, ensuring a well-rounded learning experience. **Ave. D**
- **Sports Conditioning:** Build positive communication and health in this leadership group for both boys and girls. **Cauldwell**
- **A League of Our Own:** Players will learn new skills, healthier lifestyles, teamwork and improve overall mental and physical strength. **Lightfoot**
- **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**
- **Jackson Boxing Program (Youth):** Ages 12 and under. Box your way to the physical strength, independence, and self-discipline that this sport can offer. **Jackson**



R-Select Programs

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

- **Homework Help:** Get help with homework. **Ryan, Jackson**
- **Flocabulary:** Cultivate literacy across the curriculum with standards-aligned, video-based lessons and activities that leverage the power of hip-hop, storytelling, and emotional connections. **Lightfoot**

Cooking and Nutrition: *Learn to prepare delicious and healthy meals for 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. **Carter**
- **Cheffing It Up:** Learn basic cooking skills for beginners. **Hope**
- **Culinary Quest:** Learn the skills needed to make quick and simple meals while having fun. **Ave. D**

Arts and Creativity: *Expand 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 to build, bake, and paint your own creations. **Edgerton**
- **Color Me Creative:** Enjoy paper and canvas art. Where will your creativity lead? **Edgerton**
- **Modern Drumming:** Find your rhythm and express your creativity while learning contemporary drumming techniques. **Ave. D**
- **ROCmusic Rhythm:** Foster an early love of music and artistic expression by learning 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, improve fitness and strength, and cultivate a new passion. **Jackson**
- **Roc Royals Step & Dance:** Strengthen self-esteem and team building skills while having fun through the art of step and dance. **Gantt**
- **Grupo Cultural Latinos Dance:** Learn modern and historical dances from the rich cultural heritage of Latin America. **Gantt**
- **Wii Dance:** Get ready to move, groove, and bust a move in the most exciting Wii Dance Class! Whether you are a seasoned dancer or have two left feet, this class gets you on the dance floor with upbeat tunes, flashy moves, and contagious energy. It is not just a workout – it is a party on your feet! Perfect for all ages, so bring your best moves and let's dance. **Edgerton**
- **Hip-Hop/Freestyle Dance:** Feel your movements and develop your own style in hip-hop/freestyle dance session. **Ave. D**
- **Dance:** Learn different styles of dance and have fun, improve fitness, build confidence and express yourself. Areas of focus will include free style, teamwork and choreography. **Lightfoot**



Adult Programs

Continuing opportunities for physical activity; mental stimulation and social engagement.

Sports and Fitness:

- **Adult Open Volleyball:** Are you looking to play volleyball in a fun, relaxed, and social environment? Adult Open Volleyball sessions are perfect for players of all skill levels to improve their game and make new friends. No volleyball experience necessary. Everyone is welcome! **Ryan, Adams**
- **Adult Cardio Fitness:** Focuses on improving cardiovascular health and overall endurance through various aerobic exercises. **Ave. D**
- **Adult Open Basketball:** Shoot some hoops or play pickup games on an R-Center court. **Carter, Douglass, Lightfoot, Ryan, Ave. D, Hope**
- **Adult Pickleball:** Discover the fun and excitement of this rapidly growing sport. Perfect for players of all skill levels, our program provides a welcoming environment to improve your game, stay active, and make new friends. **Gantt, Adams**
- **Adult Table Tennis:** From beginners to advanced competitors, participants can expect structured sessions that focus on improving technique, strategy, and overall game play. **Gantt**
- **Adult Open Soccer:** Play fun and competitive games of soccer. **Douglass**
- **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 set to soulful beats that anyone can learn and enjoy. **Ryan**
- **Queens in Charge:** A women's exercise and self-defense class with a short fitness circuit followed by kickboxing instruction **Jackson**
- **Adult Boxing with Charles Murray:** Discover the rewards and discipline of boxing through regular training and matches. **Jackson**
- **Zumba:** Get up and get moving with fun, easy-to-follow low-impact Zumba routines that are perfect for beginners and those seeking a gentle workout. **Carter**

Adult Learning and Creativity:

- **Attain Lab:** Strengthen your digital skills through computer education and programming. **Jackson**
- **Adult Artistic Studio:** Ignite your creativity and explore your artistic potential. Designed for adults of all skill levels. **Gantt**
- **Paint and Bake Ceramics:** Learn the art of ceramics to build, bake, and paint your own creations. **Edgerton**

Adult Networking and Bonding:

- **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 empower each along their parenting journey. **Ryan**
- **EmpowerHER Creations & Conversations:** A vibrant group for young women that focuses on social interaction, wellness, and community engagement to inspire, connect, create, and thrive together. **Ryan**
- **Adult Night:** Adults can hang out and reminisce at the Rec while engaging in fun and interactive activities with each other. They will be able to meet new people and socialize as adults. Some of the activities will include, roller-skating using their own skates, card playing and some canvas painting. **Lightfoot**



NEED HELP? YOU'RE NOT ALONE.

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

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 and ask for the
Person In Crisis Team

988
SUICIDE
& CRISIS
LIFELINE

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



Everyone can play!

TEAM:
**ROCHESTER
SLED HAWKS**

SATURDAYS from **1:45 – 2:45 p.m.**

NOV.
76

DEC.
28

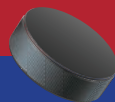
JAN.
25

FEB.
75

MAR.
22



TRY IT CLINICS: Open to youth 6 & up, with or without disabilities.



**Genesee Valley Sports
Complex Skating Rink**

131 Elmwood Ave.

Register: CityofRochester.gov/R-Central

Ice Rink Information

Genesee Valley Sports Complex 131 Elmwood Ave.

The state-of-the-art rink is versatile and hosts recreational skating for all ages, ice hockey leagues, skate and shoot, special events, and more. Fees vary. Call 428-7888 for more information.

Indoor Ice Arena Open Sept. 9, 2023–April 7, 2024

Open Skate: Mon.-Fri.,
12 – 1:15 p.m., Sat., 5 – 6:15 p.m. All ages.

Free Style Skate: Tue. & Thu.,
1:30 – 3 p.m. Ages 13+.

Adult Skate: Mon.-Fri., 10:30 – 11:45 a.m.
Sunday 9:45 – 11 a.m. Ages 18+.

Skate & Shoot: Mon., Wed., Fri.,
1:30 – 3 p.m. Ages 16+.

Enhanced Skate & Shoot: Sun.,
8 – 9:30 a.m. Ages 40+.

RATES

Adult (18 and over)	\$5.00
Youth (17 and under)	\$2.00
College Student w/ID	\$3.00
Family Rate	\$14.00
Skate Rental	\$3.00
Skate Sharpening	\$5.00
Skate and Shoot	\$6.00
Enhanced Skate/Shoot	\$9.00
Value Pass	\$20.00
Season Pass	\$125.00



Dr. Martin Luther King Jr Ice Rink 353 Court St.

Located in the East End District of downtown Rochester and adjacent to the Strong Museum, Dr. Martin Luther King, Jr. Memorial Park (formally Manhattan Square Park) is a popular gathering place. The year-round park has been the busy home to a wide range of visitors from families from throughout the region. Call 428-6755 for more information.

Outdoor Ice Arena Open Nov. 23, 2024 (weather permitting) through March 9, 2025.

Open Skate: Mon.–Sat.,
12–1:30 p.m., 3:40–5:10 p.m.
5:30–7 p.m., 7:20–8:50 p.m. All ages.

Open Skate: Sun.,
12–1:30 p.m., 3:40–5:10 p.m.
5:30–7 p.m. All ages.

Adult Skate: Mon.–Fri.,
1:50–3:10 p.m. Ages 18+.

RATES

Adult (18 and over)	\$5.00
Youth (17 and under)	\$2.00
College Student w/ID	\$3.00
Family Rate	\$14.00
<i>(up to 2 adults and 4 children)</i>	
Skate Rental	\$3.00
Skate Sharpening	\$5.00
Value Pass	\$20.00
Season Pass	\$60.00
Ice Bike Rental (45 min. session)	\$10.00



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)

Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

R-Signature Programs

(Details on pages 6 & 7)

R-Stars Afterschool: Ages 6 to 12. 2 to 5:30 p.m.
Monday through Friday

R-Teens: Ages 13 to 18. 2 to 5:30 p.m.
Monday through Friday

Young People Advancing Forward: Ages 8 to 17.
Tue., 4 to 5 p.m.

Youth Voice One Vision: Ages 12 to 17. Wed., 4 to 5 p.m.

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

Junior Basketball Clinics: Ages 9 to 11.
1:30 to 2:30 p.m. Saturdays

Biddy Basketball: Ages 6 to 8.
12:30 to 1:30 p.m. Saturdays

Girls Roc Sports program: Ages 8 to 15.
5:30 to 7 p.m. Monday through Friday

Teen Open Volleyball: Ages 13 to 17.
6 to 8:45 p.m. Fridays

Dr. Kamae Martial Arts: Ages 6-13.
11 to 12:30 p.m. Saturdays

Young Mens Council Group: Ages 8+.
4:30 to 5:30 p.m. Tuesdays and Thursdays

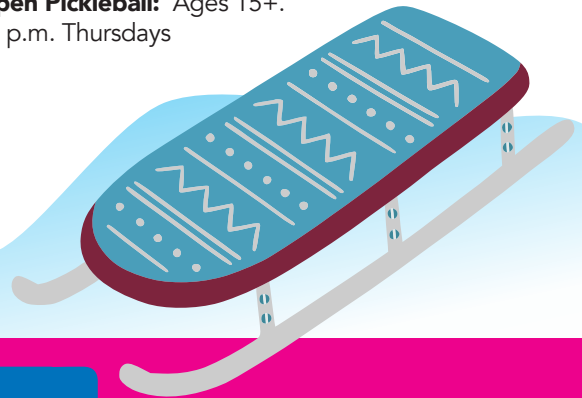
R-Select Programs for Adults

(Details on page 11)

Adult Open Volleyball: Ages 18+.
6 to 8:45 p.m. Fridays

Open Basketball: Ages 15+;
6 to 8:45 p.m. Mondays, 2:30 to 4:15 p.m. Saturdays

Adult Open Pickleball: Ages 15+.
6 to 8:45 p.m. Thursdays



**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, 2 – 9 p.m.
Closed Sat.

15



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool Program: 2 to 5:30 p.m. Monday through Friday

R-Teens: 2 to 5:30 p.m. Monday through Friday

Young People Advancing Forward (Female): Ages 12 to 17; 6 to 7 p.m. Mondays

Young People Advancing Forward (Male): Ages 12 to 17; 6 to 7 p.m. Tuesdays

Youth Voice One Vision: 6 to 7 p.m. Wednesdays

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

Earth Explorers: Ages 6 to 12; 4:30 to 5:30 p.m. Thursdays. Email Amanda.Little@cityofrochester for more information.

Culinary Quest: Ages 6 to 17; 4 to 5:30 p.m. Tuesdays

Flag Football: Ages 15 and under; 4 to 6 p.m. Mondays and Tuesdays

Hip-Hop/Freestyle Dance: Ages 6 to 15; 4 to 6 p.m. Wednesdays

Video Game Challenge: Ages 6 to 17; 3 to 5 p.m. and 6 to 7 p.m. Mondays through Fridays

Volleyball: Ages 8 to 17; 6 to 8 p.m. Thursdays

Modern Drumming: Ages 8 to 16; 5 to 6 p.m. Thursdays

R-Select Programs for Adults

(Details on page 11)

Adult Open Basketball: 6 to 8:30 p.m. Mondays, Tuesdays and Wednesdays

Adult Cardio Fitness: 7 to 8 p.m. Wednesdays



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



JOIN US THIS WINTER FOR EARTH EXPLORERS!

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

QUESTIONS? 428-7836 Amanda.Little@CityofRochester.gov

Follow Us! Instagram @earthexplorerroc

LEARN MORE AT: CityofRochester.gov/COBOR

REGISTER: CityofRochester.gov/R-Central

**STARTING DEC. 2
THROUGH FEB. 28**

Carter Street R-Center

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.



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: 2 to 5:30 p.m.

Mondays through Fridays

R-Teens: 2 to 5:30 p.m. Mondays through Fridays

Young People Advancing Forward: Ages 8 to 17;
4 to 5 p.m. Tuesdays

Youth Voice One Vision: All ages; 4 to 5 p.m.
Wednesdays

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

R-Chef Club: Ages 8 to 5; 4 to 5 p.m. Wednesdays

Youth Sports Night: Ages 8 to 15; 5:30 to 7:30 p.m.
Fridays

Soccer with Eski: Ages 4 to 10; 6 to 7 p.m.
Tuesdays and Thursdays

Soccer with Eski: Ages 11 to 15; 7 to 8 p.m.
Tuesdays and Thursdays

R-Select Programs for Adults

(Details on page 11)

Adult Open Basketball: Ages 15+;
6 to 8:45 p.m. Mondays

Zumba: 5:45 to 6:30 p.m. Mondays



DECEMBER 6 - 29
MLK PARK



PRESENTED BY
 Five Star Bank

ROCHOLIDAYVILLAGE.COM

Tyshawn Cauldwell

R-CENTER FOR HOPE

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

HOURS

M-F, 2 – 9 p.m.
Closed Sat.



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: 2 to 6 p.m.
Mondays through Fridays

R-Teens: 2 to 5:30 p.m. Mondays through Fridays

Young People Advancing Forward: Ages 10 to 17;
6 to 7 p.m. Tuesdays

Youth Voice, One Vision: All ages; 6 to 7 p.m. Mondays



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

Color Me Creative: Ages 6 to 15. 6 to 7 p.m.
Wednesdays and Fridays

Cheffing It Up (Beginners): Ages 8 to 12;
5:30 to 7 p.m. Fridays

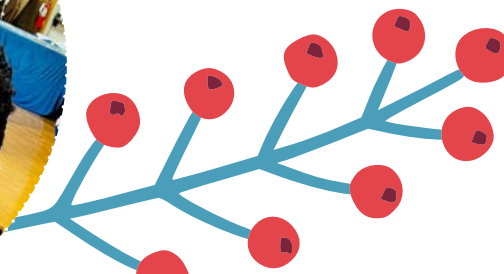
Dance: Ages 6 to 15; 6 to 7 p.m. Mondays through
Wednesdays

Sports Conditioning: Ages 8 to 15; 6 to 7:30 p.m.
Thursdays

R-Select Programs for Adults

(Details on page 11)

Adult Open Basketball: 6 to 8 p.m. Mondays



LEARN TO SKATEBOARD

FOR YOUTH
6 & UNDER

FREE

Join the Rec on the Move team to learn the fundamentals of skateboarding in a fun and supportive environment! This beginner class teaches balance, safety, and other basic skills while also creating opportunities to progress to more advanced techniques.

Edgerton R-Center
41 Backus St.
Mondays, 5 – 7 p.m.

Thomas P. Ryan R-Center
530 Webster Ave.
Wednesdays, 5 – 7 p.m.

Skateboards and safety equipment provided during sessions.

Frederick Douglass

R-CENTER

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

HOURS

M-F, 2 – 9 p.m.
Sat., 9:30-4:30 for registration based programs only



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: 2 to 5:30 p.m.
Mondays through Fridays

R-Teens: 2 to 5:30 p.m. Mondays through Fridays

Youth Voice One Vision: All ages; 3 to 4 p.m. Thursdays

Young People Advancing Forward: Ages 8 to 12;
3 to 4 p.m. Tuesdays

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

Girls Volleyball Clinics: Ages 13 to 18;
10 a.m. to 12 p.m. Saturdays

Boys Baseball Clinics: Ages 10 to 15, 6 to 8:30 p.m.
Wednesdays, 12:30 to 2:30 p.m. Saturdays

Girls Softball Clinics: Ages 14 to 18;
3 to 4:15 p.m. Saturdays

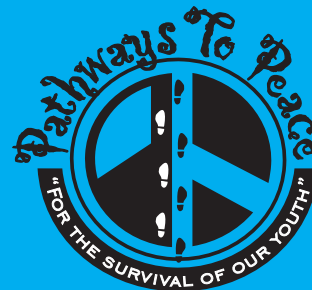
Time to Build with Lego: Ages 7 to 12.
3 to 4 p.m. Saturdays

R-Select Programs for Adults

(Details on page 11)

Adult Open Soccer: Ages 16 and over;
6 to 8 p.m. Fridays

Adult Open Basketball: 6:30 to 8:30 p.m. Tuesdays



**THE VIOLENCE
STOPS HERE.**

HELP IS HERE:

Call: **428-SAFE (428-7233)**

Call or text: **314-8666**



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



Refer a youth



CHOOSE



WISDOM

ROCOVP.COM



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: 2 to 6 p.m.
Mondays through Fridays

R-Teens: 2 to 5:30 p.m. Mondays through Fridays

Young People Advancing Forward: Ages 10 to 17;
6 to 7 p.m. Tuesdays.

Youth Voice, One Vision: No winter session scheduled.

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

Wii Dance: Ages 6 to 15; 6 to 7 p.m. Mondays,
Wednesdays and Fridays

Color Me Creative: Ages 6 to 15; 6 to 7 p.m.
Wednesdays and Fridays

Paint and Bake Ceramics (Youth): Ages 8 to 16;
6 to 7 p.m. Jan. 7, 21 and March 11, 2025

R-Select Programs for Adults

(Details on page 11)

Paint and Bake Ceramics (adult): 6 to 7 p.m.
Jan. 14, 28 and March 11, 2025 with a \$5 materials fee.



**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.



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: Ages 6 to 12, 2 to 5:30 p.m., Mondays through Fridays

R-Teens: Ages 13 to 18, 2 to 5:30 p.m., Mondays through Fridays

Young People Advancing Forward: Ages 12 to 17; 6 to 7 p.m. Mondays

Youth Voice One Vision: 6 to 7 p.m. Fridays

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

Top Chef: Ages 10 to 17; 4 to 5 p.m. Tuesdays

Boyz to Men Group: Ages 13 to 17; 4:30 to 5:30 p.m. Thursdays

Roc Royals Step & Dance: Ages 10 to 17; 6 to 8 p.m. Mondays; 11 a.m. to 1 p.m. Saturdays

Grupo Cultural Latinos Dance: Ages 8 to 17; 6 to 8 p.m. Tuesdays

RocMusic Rhythm: Ages 8 to 16; 4 to 6 p.m. Tuesdays and Thursdays

Youth Sports: Ages 8 to 17; 2 to 6 p.m. Mondays and Fridays

Young Women Magic: Ages 13 to 17; 5 to 7 p.m. Fridays

R-Select Programs for Adults

(Details on page 11)

Adult Pickleball: Ages 21 and over; 10:30 a.m. to 12:30 p.m. Saturdays

Adult Artistic Studio: Ages 21 and over; 6 to 7 p.m. Thursdays



Fun, Food, & After School Care at a Great Price!



ASIP is a childcare program (ages 6-12) that provides educational enrichment, art & dance experiences, nature programs, and much more!

Mon. - Fri. | 2 - 6 p.m.

Humboldt R-Center, 1045 Atlantic Avenue

\$75 week/youth

CONTACT

Daneria.Chambers@CityofRochester.gov or call **428-1288**

Trenton & Pamela Jackson

R-CENTER

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

HOURS

M-F, 9 a.m. – 9 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: Ages 6 to 12; 2 to 5:30 p.m.
Mondays through Fridays

R-Teens: Ages 13 to 18; 2 to 5:30 p.m. Mondays through Fridays

Young People Advancing Forward: Ages 17 and under; 5 to 6 p.m. Mondays; 4 to 5 p.m. Fridays

Youth Voice, One Vision: All Ages. 6 to 7 p.m.
Tuesdays and Thursdays

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

Earth Explorers: Ages 6 to 12; 4 to 5 p.m. Mondays.
Email Amanda.Little@cityofrochester for more information.

Time to Build with Lego: Ages 13 and under;
5 to 6:30 p.m. Tuesdays and Thursdays

Homework Help: Ages 13 under. 2 to 4 p.m.
Mondays through Fridays

Football: Ages 12 and under; 5 to 8 p.m.
Mondays, Thursdays and Fridays

Jackson Boxing Program: Ages 13 and over;
5 to 8 p.m. Mondays through Fridays

Cadets: Contact 428-7476 for more information.
Ages 21 and under. 5 to 9 p.m. Thursdays

Anime Club: 428-7476 for more information.
All Ages. 6 to 7:30 p.m. Fridays

Chess Club: All ages; 6 to 7:30 p.m.
Mondays and Fridays

Biddy Basketball: Ages 11 and under;
11 to 2 p.m. Saturdays

R-Select Programs for Adults

(Details on page 10)

Boxing with Charles Murray: 3 to 6 p.m. Mondays
through Fridays; 10 a.m. to 1 p.m. Saturdays

Jackson Boxing Program: 5 to 8 p.m.
Mondays through Fridays

Attain Lab: Ages 16+; 10 a.m. to 6 p.m.
Mondays through Fridays

Queens in Charge: 6 to 8 p.m. Wednesdays



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, 2 – 9 p.m.

Sat. 9:30 a.m. – 4:30 p.m.



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: 2 to 5:30 p.m. Mondays through Fridays

R-Teens: 2 to 5:30 p.m. Mondays through Fridays

Young People Advancing Forward: Ages 9 to 14; 5 to 5:45 p.m. Mondays through Fridays

Youth Voice One Vision: 4 to 4:45 p.m. Tuesdays

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

Earth Explorers: Ages 6 to 12; 4 to 5 p.m. Tuesdays.
Email Amanda.Little@cityofrochester for more information.

Boy's Group: Ages 10 to 14; 4:15 to 5 p.m. Mondays

A League of Our Own (Girls): Ages 9 to 15; 6 to 7:30 p.m. Tuesdays (Concludes Jan. 31)

E Gaming: Ages 14+; 6 to 8:45 p.m. Wednesdays

Dance: Ages 8 to 17; 6 to 7:30 p.m. Thursdays

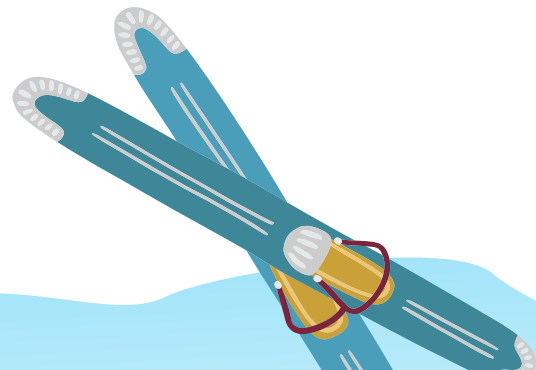
Flocabulary: Ages 6 to 10; 3:45 to 4:45 p.m.
Mondays, Tuesdays, Wednesdays

R-Select Programs for Adults

(Details on page 11)

Adult Night: 6:30 to 8:45 p.m. Friday

Adult Open Basketball: Ages 17+.
7:30 to 8:30 p.m. Tuesdays; 6:30 to 8:30 p.m. Thursdays



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 to 16; 5 to 7:30 p.m. Mondays through Fridays.

MIB (Mentor Inspiring Boys and Girls after school):

Teaching life skills, entrepreneur skills and work ethic reading math and homework. Ages 6 to 18; 2 to 5 p.m. Mondays through Fridays.

MIB (Mentor Inspiring Boys and Girls after school):

Teaching life skills, entrepreneur skills and work ethic reading math and homework. Ages 6 to 18. 5 to 9 p.m. Mondays through Fridays



*Inspiring youth with
hope and opportunity.*

Visit 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.



Unless otherwise noted, call the R-Center directly or email RCenterinfo@CityofRochester.gov for more information.

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

R-Stars Afterschool: 2 to 5:30 p.m.
Mondays through Fridays

R-Teens: 2 to 5:30 p.m. Mondays through Fridays

Young People Advancing Forward: Ages 9 to 17;
4 to 4:30 p.m. Mondays

Youth Voice One Vision: 4 to 4:30 p.m. Tuesdays

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

Earth Explorers: 4 to 5 p.m. Thursdays. Email
Amanda.Little@cityofrochester.com for more information.

Men of Impact: 6 to 7 p.m. Tuesdays

Roblox Busy Builders: Ages 6 to 12.
4 to 4:30 p.m. Mondays

Homework Help: Ages 6 to 12;
2 to 3 p.m. Mondays through Fridays

Girls Basketball with Rec on the Move:
Ages 9 to 15; 5:30 to 7:30 p.m.
Thursdays (Concludes Jan. 31, 2025)

Open Volleyball: Ages 6+; 5 to 7 p.m. Fridays

R-Select Programs for Adults

(Details on page 11)

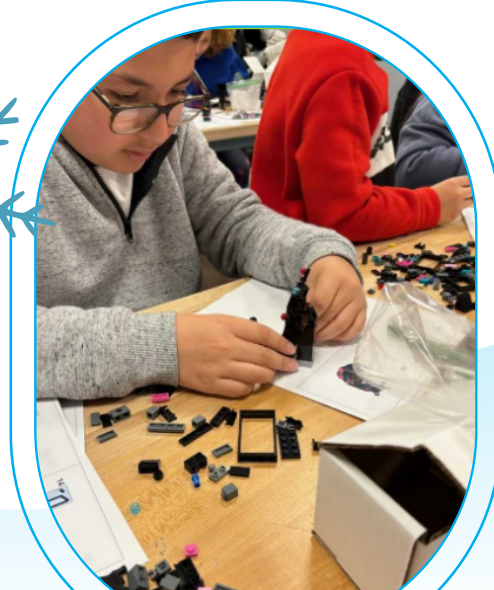
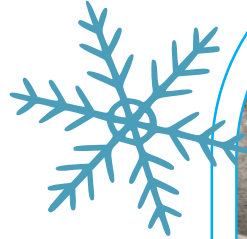
EmpowerHER Creations & Conversations:
6 to 7 p.m., Wednesdays

Soul Line Dancing: 11 a.m. to 12:30 p.m. Saturdays

Soul Fitness: 10 to 11 a.m. Saturdays

Adult Open Basketball: Ages 15+; 1 to 4 p.m.
Saturdays

Positive Pathways: 6 to 7 p.m. Thursdays



Register

NOW!

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



Explore
online
Rcentral Discover
Connect!



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.

Aquatics

Contact Shalom.Singer@cityofrochester.gov.

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. **FREE** for city residents.

Winter Session 1: Dec. 7 through Jan. 18 (No classes Dec. 28) Saturdays, 10 to 11:30 a.m.

Winter Session 2: Jan. 25 through March 8 (No classes Feb. 22) Saturdays, 10 to 11:30 a.m.

Adams St. R-Center, 85 Adams St.

Trenton and Pamela Jackson R- Center,
485 N Clinton Ave.

Session consists of approximately three 30-minute classes by Swim Level, determined upon registration.

Rochester RAPIDS Swim Team: A competitive, fun, family-oriented club committed to building and supporting strong swimmers with strong character. Swimmers ages 6+ can practice with the team for a two-week trial period before committing to joining the Rapids. Sept. 2024 – June 2025. For more information contact meltzerjosh@gmail.com. Adams St. R-Center, 85 Adams St.

Baby and Me Swim

Parents and caregivers can introduce infants and toddlers, ages 6 months to 3 years, to the water in a supervised environment for a lifetime of swimming fun.

Winter Session 1: Mondays, 6 to 6:30 p.m. at Jackson: Dec. 2 through Jan. 27 (No classes Dec. 23, 30 and Jan. 20) Thursdays, 6 to 6:30 p.m. at Adams: Dec. 5 through Jan. 23 (No classes Dec. 26, Jan. 2, 9)

Winter Session 2: Mondays, 6 to 6:30 p.m. at Jackson: Feb. 3 through March 17 (No classes Feb. 24) Thursdays, 6 to 6:30 p.m. at Adams: Feb. 6 through March 20 (No classes Feb. 27)

Adult Swim Classes

Swim Level, determined upon registration. Fee is \$25.

Winter Session 1:

- Tuesdays at Adams: 6 to 6:45 p.m. Dec. 3 through Jan. 21 (No classes Dec. 24 and 31)
- Wednesdays at Jackson: 7 to 7:45 p.m. Dec. 4 through Jan. 22 (No classes Dec. 25; Jan. 1)

Winter Session 2:

- Tuesdays at Adams: 6 to 6:45 p.m. Jan. 28 through March 11 (No classes Feb. 18)
- Wednesdays at Jackson: 7 to 7:45 p.m. Jan. 30 through March 13 (No classes Feb. 20)

Adult Water Fitness

A no-impact, high-intensity water exercise class that which promotes cardiovascular endurance, core strength and full range of motion. Swim Level, determined upon registration.

Winter Session: Fee is \$5.

- Mondays at Adams: 5:15 to 6 p.m. Dec. 2 through Feb. 10 (No classes Dec. 23 and 30; Jan. 20)
- Fridays at Jackson: 9:15 to 10 a.m. Dec. 6 through Feb. 7 (No classed Dec. 27)

Adams St. R-Center, 85 Adams St.

Trenton and Pamela Jackson R- Center,
485 N Clinton Ave.

LIFEGUARD

Development Course



ALL CLASSES HELD AT:

Trenton and Pamela Jackson R-Center, 485 N Clinton Ave.

CONTACT: Shalom.Singer@cityofrochester.gov

FREE
FOR CITY
RESIDENTS

Dec. 2 - Dec. 17

Mondays &
Tuesdays
6 - 7:45 P.M.

AGES 15+

IN THIS COURSE STUDENTS WILL:

- Enhance their swimming abilities
- Develop advanced strokes and deep-water skills
- Practice in-water rescue techniques
- Prepare for the full lifeguarding certification course
- Learn the fundamentals of first aid, CPR, and AED

Athletics

Contact Eric.Rose@cityofrochester.gov

General Athletics

Sports Athletic Training and Academic Support:
Ages 8 to 18. Through May 24

Basketball

Citywide Basketball League:
Ages 9 to 16. Mondays through Wednesdays,
April 8 through May 8

R-Sports Pee Wee 3 on 3 Basketball League
Ages 7 through 9. Feb.16 through March 23

Girls Basketball For Beginners: Ages 8 to 13.
Through Dec. 15

Lacrosse

R Sports Youth Lacrosse Training (Co-Ed)
Ages 8 to 18. Tuesdays and Thursdays,
Jan. 7 through 29

Love -15 Tennis:

Taught in partnership with the YMCA of Greater Rochester, youth ages 7 to 17 will learn the rules and skills of tennis while also developing the values of competitive athletes, and sportspersonship. Visit <https://rochesterymca.org/love-15>

Course Objectives:

- Beginner: Proper stance, different strokes, basic guidelines, and tennis terminology.
- Intermediate: Proper hitting techniques, movement to the ball, and introduction of competitive play.
- Advanced: Strategy and mental develop a strong mental game.

Winter Session: 6 to 8 p.m. most Tuesdays
from Jan. 21 through March 25.

Adams St. R-Center, 85 Adams St.
(No classes Feb. 18)



460 Oak St.,
428-6841

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

Soccer Skills Training:
Ages 4 to 18. Tuesday through Saturday
through Dec. 22.

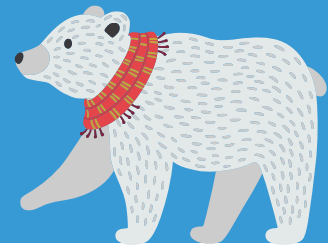
Rochester City Soccer Indoor League:
Ages 4 to 18. Jan. 16 through March 30

Rochester City Soccer Outdoor League:
Ages 4-18. May 6 through July 27

Football

Sports Youth Football Training (Co-Ed):
Ages 8 to 18. 10 a.m. to 12 p.m.,
Saturdays and Sundays. Jan. 11 through March 29
Ages 4-18. May 6 through July 27





Youth 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 for more information. Ages 13 to 19.



Biz Kid\$: 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 Yassir.Smith@cityofrochester.gov for more information. Ages 10 to 13 & 14 to 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 for more information. Ages 14 to 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 to 11. October through May.



SOOP: The Summer of Opportunity Program (SOOP), offered by Youth Employment Services, is available to City residents aged 14-20 and collaborates with the RochesterWorks Summer Youth Employment Program. SOOP requires city residency, and applicants must be enrolled in middle school, high school, or an accredited TASC program. The program operates will begin on July 2025 through August 2025 providing work readiness training and paid internship opportunities. Applicants complete an application process to determine eligibility and are then referred to various sectors for internships. The application period opens on February 1, 2025 with selected youth beginning their internships on July 7, 2025. Interns are expected to complete six weeks of participation, with a maximum of 20 hours per week, and receive a weekly stipend from the City of Rochester. For more information, contact Youth Employment Services (YES) at (585) 428-6366 or email soop@cityofrochester.gov. Ages 14 to 20.



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 for more information. Ages 13+ Tuesdays, 4 to 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 to 13. Contact lfeyinwa.Obieke@CityofRochester.Gov for more information.



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.

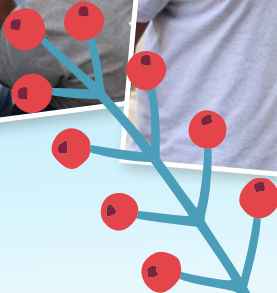
MY BROTHER'S KEEPER INFORMATION

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

Highlights

Recognizing our City of Rochester Shining Stars!





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



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+.



**International
P L A Z A**

MARKET

Days!

Rochester's Latin-themed marketplace celebrates the diversity of its neighborhood and our City.

828 N. Clinton Ave., Rochester NY
  @TheInternationalPlazaROC

Year-round permanent businesses, located in converted shipping containers, are open **Wednesday through Sunday, 11 a.m. to 6 p.m.**

Special winter events at the International Plaza:

Holiday Tree Lighting
Thursday, Dec. 6,
5:30 to 7:30 p.m.

Join the community as we light up the Plaza for the holidays. Entertainment, treats and prepared foods will complement the tree-lighting festivities.

Colombian-Style Christmas
Saturday, Dec. 7,
1 to 4 p.m.

Celebrate the traditions of the holiday in Colombia, traditional food and drinks featured.



CITY OF ROCHESTER PUBLIC MARKET WINTRY FUN!

280 North Union Street

Vendors offer local produce; produce from around the country and world; meats and seafood; eggs and dairy products; ethnic delicacies; prepared and packaged foods; baked goods; specialty items; general merchandise; and more in three covered outdoor vendor sheds and a fully indoor shed. In addition, an array of independent local businesses--cafes, food stands, coffee shops, specialty food purveyors, breweries, retail shops, and more--can be found on Market grounds and in the surrounding Market District.

The Market also offers almost 50 additional free-admission special event days throughout the year, including the long-time Rochester tradition, Holidays at the Market!

The Market will be closed on Thursday, Nov. 28 for Thanksgiving. However, you can shop local from vendors and farmers on a special Market Wednesday before Thanksgiving (Nov. 27, 6 a.m. to 1 p.m.) for all your holiday shopping needs!



**SUNDAYS,
DEC. 1, 8 & 15
8 A.M. – 2 P.M.**
**AND THURSDAY,
DEC. 19, 6 – 9 P.M.**
VISIT SANTA Sundays from 9 a.m. – Noon
and Thursday evening 6 p.m. – 8 p.m.
TAKE A CARRIAGE RIDE around the Market Office
Sundays 9 a.m. – 1 p.m. and Thursday 6 p.m. – 9 p.m.

CITYOFROCHESTER.GOV/HOLIDAYSATMARKET



CONTACT US:
585.428.6907

MORE INFO:
cityofrochester.gov/publicmarket

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

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.



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.



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.



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.



Norton Village

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

The City of Rochester is committed to ensuring that our community can safely enjoy City parks, trails, athletic fields, courts, shelters, and lodges. Look online for City permitting guidelines.



Take our lodge satisfaction survey here:



[cityofrochester.gov/departments/
bureau-communications-and-special-events/special-event-permits](http://cityofrochester.gov/departments/bureau-communications-and-special-events/special-event-permits)

Park, Athletic Field, and Lodge Permit:



Go to:
cityofrochester.gov/R-Central

Questions? Contact Mai Ho,
Mai.Ho@CityofRochester.gov

Special Events Permit:



Go to:
[specialevents.cityofrochester.gov/
p/apply](http://specialevents.cityofrochester.gov/p/apply)

Questions? Contact Kara Osipovitch,
Kara.Osipovitch@CityofRochester.gov