

REGISTER TODAY

Programs Begin
March 3, 2025

Spring 2025

R GUIDE

*Call of
the wild!*



CITY of ROCHESTER
Malik D. Evans, Mayor

R
CENTERS

Welcome!

Spring is a time for kids and families to explore, grow, and create lifelong memories—and the City of Rochester's R-Centers are here to make that happen.

Whether your family enjoys swimming, cooking, crafting, sports, or exploring new interests, R-Centers provide a welcoming space where children and families can stay active, engaged, and connected—after school and all season long.

This spring, discover a new passion, enjoy the beauty of nature, or simply spend quality time with neighbors. Our R-Centers are filled with energy, laughter, and unforgettable experiences, thanks to our dedicated staff and community partners. Their creativity and enthusiasm make every visit special.

So step into spring and make the most of the many exciting opportunities waiting for you at City R-Centers this season!



Malik D. Evans
Mayor, City of Rochester



Spring is here, and with it comes a season of discovery, energy, and fun!

As the days grow longer and the weather warms up, it's the perfect time to try something new. Whether you dream of launching a business in our BizKid\$ program, want to showcase your moves on the step and dance team, or are ready to step up to the plate on the softball field, Rochester's R-Centers have something exciting for everyone.

R-Centers aren't just places to play—they're places to grow and explore with the help caring adults. I know this firsthand. Long before becoming Commissioner of the City's Department of Recreation and Human Services, I spent time at Rochester's rec centers, and those experiences helped shape who I am today. Now, it's your turn to make the most of what our R-Centers have to offer!

Take a moment with your family to explore this guide and find activities that spark your interest. A new adventure is just around the corner—let's make this spring unforgettable!



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



SPRING PROGRAMS RUN
March 3, 2025 – June 30, 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. The membership is 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





*"Spring is proof
that there is beauty
in new beginnings."*

- Matshona Dhlwayo,
philosopher

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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	



Featured Story

Norton Village Park Playground Ribbon Cutting

Mayor Malik D. Evans held a ribbon cutting ceremony to celebrate the completion of a nearly year-long renovation project at the Norton Village Park playground.

"As a father, I will tell you that you can't underestimate the value of a good playground; and as the Mayor, I will tell you the same thing," Mayor Evans said. "Playgrounds are as much a part of the city's infrastructure as roads and bridges because they create safe and inviting spaces where children can have fun and learn to play well with others. Investing in the healthy development of our children moves us closer to creating a safe, equitable and prosperous Rochester by inspiring hope and delivering opportunity for everyone."

The Norton Village Park playground renovation project included the installation of new pre-teen and tot playsets, swings, rubberized surfacing and curb surrounds. The playground was relocated to the side of the Norton Village Lodge to increase visibility and proximity to the picnic area. A new path system and additional shade trees were also included in the project, as well as removal of aged basketball and tennis courts.

The nearly \$500,000 renovation was paid for with funds from the City's annual allotment from the U.S. Community Development Block Grant and performed by Titan Construction and RAVI Engineering.



CITY OF ROCHESTER

**NOW HIRING FOR
SUMMER**
Recreation | Aquatics | Camps

Have fun
while you
earn!

Salaries
start at
\$16.00/hr.

Qualified
Candidates will
be contacted in
March 2025.



APPLY TODAY!
CityofRochester.Gov/
Jobs

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

**NOW
HIRING!**

2025 SUMMER AQUATIC POSITIONS

**\$15.88 to
\$22.90/hr**

SPORTS
CITY OF ROCHESTER
Athletics and Aquatics

Qualified
Candidates will be
contacted for an
interview beginning
March 2025

LIFEGUARDS & OTHER AQUATIC POSITIONS

To apply for an aquatic position and learn more about job requirements, visit **CityofRochester.Gov/Jobs**



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-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.

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!

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**
- **Life Skills with London:** Master essential life skills such as cooking, sewing, and other practical abilities that foster independence and creativity. **Ryan**
- **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**
- **Fresh & Focused:** Promoting emotional well-being and personal hygiene through engaging activities in a fun and supportive atmosphere. **Ryan**
- **Wellness Wednesdays with Food, Fun, and Fitness:** Promoting healthy living and wellness through engaging activities in a fun and supportive atmosphere. **Ryan**
- **Teen Takeover Fridays:** Teens create an engaging enrichment experience with social activities, games. **Ryan**



"The love of gardening is a seed once sown that never dies."

- Gertrude Jekyll

- **Mindful Me with Cornell Cooperative Extension 4H:** Tapping the wisdom of one of the nation's oldest and most successful youth-development programs to help young people develop physical, mental and emotional strength and resilience with and introduction to yoga and meditation. **Ryan**
- **Girls Life Skills:** Empowering young women through mentorship and interactive workshops to develop life skills that include health and nutrition, etiquette, career development and financial literacy. **Lightfoot**
- **My's Giveback (Home Ec & Life Skills):** Mylyn McCoullough empowers young people with the practical skills of personal- and household-management that foster confidence, self-esteem, independence and creativity. **Ave. D**
- **Home Ec @ the Rec:** Home Ec with a modern twist on a classic subject matter. Empowering young people with the practical skills of personal- and household-management that foster confidence, self-esteem, independence and creativity. **Carter**
- **Boys Group:** Boys approach the threshold of manhood in a spirit of fellowship, fun and service under the supportive guidance of caring mentors. A framework of engaging activities in a safe space to discuss growing pains while learning and developing the character traits of successful men. **Carter**
- **Fun Friday:** Youth and staff end the week with fun-filled group activities like talent shows and kickball. **Edgerton**
- **Brother 2 Brother:** Men and young people talk about daily issues and build healthy relationships. **Hope**

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

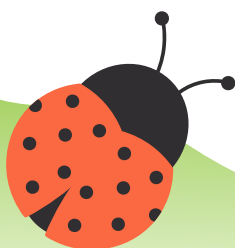
- **Time to Build with Lego:** Meet in the Lego Labs for different engineering challenges each week, followed by time to build your own creation. Power the imagination and have fun with everybody's favorite interlocking bricks. **Jackson, Douglass**
- **Group Games:** Playing well with others with the classic childhood activities of old, including dodgeball, kickball, and mattball. **Ave. D**
- **E-Gaming:** Competitive social and team building groups for entertainment, fun and bragging rights through video game play. **Adams**

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

- **Earth Explorers:** Explore the outdoors and learn about the natural world with nature-based learning and fun activities, including indoor rock climbing, playing in the snow, and more! Ages 6 to 12. **Ave. D, Ryan, Lightfoot**

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

- **Open Volleyball:** Serve up the fun with pickup volleyball sessions for all skill levels to play and practice. **Ryan**
- **Open Basketball:** Shoot some hoops or play pickup games for all skill levels to play and practice. **Ave. D, Ryan**



R-Select Programs



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

- **Youth Sports:** Promoting physical fitness, teamwork, and personal development through a variety of sports. Programs cater to young athletes of all skill levels in a supportive environment where they can learn, compete, and have fun. **Gantt**
- **Flag Football:** Two different teams that will be divided up to play against one another. **Carter**
- **Soccer with Eski:** Enjoy fun and competitive soccer games. **Carter**
- **Volleyball:** Fun and competitive volleyball games for youth. **Ave. D**

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

- **Intro to Darts:** Improve aim and throwing skills while using new soft-tip technology for an age-old game. Youth will learn the rules of 301, 701 and Cricket. **Carter**
- **Sports Conditioning:** Learn how to boost endurance, strength, and agility through fun dynamic exercises that mimic real sports movements. Get ready to sweat, smile, and feel amazing as you build a solid foundation for any sport! All fitness levels welcome. **Hope**
- **Biddy Basketball:** Have fun in basketball instruction and games. **Adams, Jackson**
- **Micro Basketball:** A six-week program for boys and girls, ages of 4 to 7 to develop a love of the game while learning simple yet foundational basketball skills that develop motor skills, coordination, confidence and teamwork. **Adams**
- **Micro Soccer:** The Micro Soccer program is perfect for families looking to introduce their child to soccer in a positive, structured, and enjoyable setting. It is all about building confidence, making friends, and discovering the joy of playing soccer! **Adams**
- **Youth Martial Arts with Dr. Kamae:** 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**
- **Boys Roc:** Young boys get out and get active while making new friends with activities that focus on fitness, teamwork, empowerment, self-confidence, and goal setting. **Adams**
- **Girls Roc:** Young girls get out and get active while making new friends with activities that focus on fitness, teamwork, empowerment, self-confidence, and goal setting. **Adams**
- **Girls Basketball with Rec on the Move:** Teaching girls to apply the skills of basketball to learn about mental and physical fitness, healthy lifestyles and teamwork. **Ryan**
- **Girls Volleyball Clinics:** Improve your skills in a fun and supportive setting with coaches will help you with techniques, game strategy and teamwork. **Douglass**
- **Girls Softball Clinics:** Experienced coaches teach the fundamentals of softball, 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:** Experienced coaches teach the fundamentals of softball, including hitting, fielding, pitching and base running. The clinic will also focus on teamwork, strategy and sportsmanship, ensuring a well-rounded learning experience. **Douglass**



- **Basketball Fundamentals:** Develop and practice essential basketball skills like dribbling, passing, and shooting while learning the value of teamwork and sportsmanship. **Ryan**
- **Soccer Basics:** Develop and practice essential soccer skills like dribbling, passing, and shooting while learning the value of teamwork and sportsmanship. **Ryan**
- **Soccer Basics with Ibero Prevention Education Services:** Soccer training paired with educational support to develop skills on and off the field. **Ryan**
- **Floor Hockey:** Learn about the thrill of hockey in a fun, safe, and accessible indoor environment. **Ryan**
- **Dodgeball:** Dive into action-packed games that test your agility, aim, and team strategy. **Ryan**
- **Charles Murray Boxing:** Discover the rewards and discipline of boxing through regular training and matches. **Jackson**

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**
- **The Art of Cursive:** Learn the timeless skill of cursive writing through engaging and interactive lessons. **Ryan**
- **Creative Writing:** Unleash your imagination, explore creative expression and refine writing skills in a supportive and collaborative environment. **Ryan**
- **Study Wise Tutoring:** Customized, small group support to help students build confidence, improve grades, and reach their academic goals. An experienced tutor adapts to each student's learning style, making tough subjects easier to understand. **Adams**



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**
- **Cheffing It Up:** Learn basic cooking skills for beginners. **Hope, Edgerton**
- **Culinary Quest:** Learn the skills needed to make quick and simple meals while having fun. **Ave. D**
- **Sprinkles & Smiles:** A fun, hands-on program where participants bake, create, and decorate treats, sharing creativity and joy with others. **Ryan**
- **Family Cooking:** A fun evening of cooking and lively conversations for the whole family. **Douglass**





Youth Programs *(continued)*

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 to build, bake, and paint your own creations. **Edgerton**
- **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**
- **Youth Art:** Young artists of all skill levels unleash their creativity, explore mediums and develop their unique style in a fun and supportive and encouraging space. **Gantt**

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

- **More of the Chaos Step Team:** Join this high-energy step team to master rhythm, precision, and teamwork. **Ryan**
- **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 turns your living room into a dance floor with upbeat tunes, flashy moves, and contagious energy. It's 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**
- **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! **Hope**

Adult Programs

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

Adult Learning and Creativity:

- **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**
- **Color Me Creative:** Learn about the benefits of coloring with a vibrant and creative community where people of all ages and skill levels who come together to relax, unwind, and express their artistic flair. A perfect space for creativity, mindfulness, and meeting new friends. **Edgerton, Hope**
- **Positive Pathways:** A parent support network that offers a space for parents to connect to resources and support one another while their children enjoy supervised play. **Ryan**
- **Building Stronger Families with 4H:** A component of Positive Pathways. Parents of children ages 5 to 8 learn to use positive discipline and develop a better understanding of age-appropriate needs and behaviors to create supportive home environments. **Ryan**
- **Wellness Wednesdays with Food, Fun, and Fitness:** A collaborative health-focused program with Fidelis Care promoting wellness and healthy living through interactive activities. **Ryan**
- **Men of Impact:** Men from the community can build lasting friends, foster personal growth and join a supportive network while learning about the benefits of mentorship. Youth are included in special events, both designed for and organized by them, driving their development and engagement. **Ryan**

Sports and Fitness:

- **Open Volleyball:** Improve your game and make new friends while playing pickup volleyball games a fun, relaxed, and social environment. All skill levels welcome. **Ryan**
- **Open Basketball:** Improve your game and make new friends while playing pickup basketball games a fun, relaxed, and social environment. All skill levels welcome. **Adams, Carter, Douglass, Lightfoot, Ryan, Ave. D**

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

- **Open 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. **Adams, Gantt**
- **Table Tennis:** From beginners to advanced competitors, participants can expect structured sessions that focus on improving technique, strategy, and overall game play. **Gantt**
- **Fitness Awareness:** Develop a better understanding of exercise, nutrition and other components of a healthy lifestyle to achieve your health and fitness goals. **Douglass**
- **Adult Night at the Rec:** Grownups can have fun and make new friends in our R-Centers, too. Hang out, reminisce and make new friends while engaging in such activities as roller skating, card games and canvas painting. **Lightfoot**
- **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**
- **Wheelchair Basketball:** People with physical disabilities can enjoy the thrill of basketball and the fellowship of athletic competition by dribbling, passing and shooting from a wheelchair. **Jackson**
- **Boxing with Charles Murray:** Discover the rewards and discipline of boxing through regular training and matches. **Jackson**
- **Jackson Boxing Program:** Learn how to box. **Jackson**
- **Zumba with Denise:** A fun, energetic fitness class that combines high-energy dance moves with Latin-inspired rhythms. All fitness and dance levels welcome. **Carter**



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)

E-Gaming Club: Ages 8 to 18.
5 to 8 p.m. Saturdays

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

Biddy Basketball: Ages 6 to 9.
12 to 1:30 p.m. Saturdays

Girls Roc Sports: Ages 8 to 15.
5:30 to 6:45 p.m. Mondays

Boys Roc Sports: Ages 8 to 15.
5:30 to 6:45 p.m. Fridays

Micro Soccer: Wednesdays
Ages 4 to 5. 5:30 to 6 p.m.
Ages 6 to 7. 6 to 6:45 p.m.

Micro Basketball:
5 to 5:45 p.m. Tues. Ages 4 to 5.
6 to 6:45 p.m. Thurs. Ages 6 to 7.

Young Men's Council Group: Ages 8 to 18.
5 to 8 p.m. Saturdays

Study Wise Tutoring: Ages 8 to 19.
Mon., Wed., Fri., 5 to 6:45 p.m.

Adult Programs

(Details on page 12)

Open Basketball: Ages 15+.
7 to 8:45 p.m. Mondays

Open Pickleball: Ages 15+.
6:30 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



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: 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 (Girls):
Ages 10 to 17; 6 to 7 p.m. Mondays

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

Youth Voice One Vision: Ages 10 to 17; 6 to 7 p.m.
Wednesdays

Group Games: Ages 6 to 15. 4 to 5 p.m. Wednesdays
4 to 6 p.m. Wednesdays

Open Basketball: Ages 6 to 15.
4 to 5 p.m. Mondays, Tuesdays, Fridays

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

Adult Programs

(Details on page 12)

Open Basketball: Ages 18+. 6 to 8:30 p.m. Mondays,
Tuesdays and 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.gov
for more information.

Culinary Quest: Ages 8 to 5; 4 to 5 p.m. Thursdays

My's Giveback (Home Ec & Life Skills): Ages 8 to 17.
4 to 5:30 p.m. Fridays



Register NOW! Today!



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.

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



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: 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 8 to 15.

4:30 to 5:30 p.m. Tuesdays

Youth Voice One Vision: Ages 8 to 15.

6 to 7 p.m. Tuesdays

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

Flag Football: Ages 15 and under.

5 to 7 p.m. Tuesdays and Thursdays

Boys Group: Ages 8 to 15; 6 to 7 p.m. Thursdays

Soccer with Eski: Ages 4 to 10.

6 to 7 p.m. Tuesdays and Thursdays

Ages 11 to 15. 7 to 8 p.m. Tuesdays and Thursdays

Home Ec @ the Rec: Ages 8 to 15.

5 to 6 p.m. Wednesdays

Intro to Darts: Ages 10 to 18.

6 to 7 p.m. Mondays through Thursdays

Adult Programs

(Details on page 12)

Open Basketball: Ages 15+;

6 to 8:45 p.m. Mondays

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



Earn & Learn this summer

Discover Fun and Rewarding Paid Jobs and Internships This Summer!





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 6 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 10 to 17;
6 to 7 p.m. Tuesdays

Youth Voice One Vision: Ages 12-17.
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

Brother 2 Brother: Ages 8 to 15.
5:30 to 6:30 p.m. Wednesdays

Open Basketball: Ages 12 to 15. 6 to 8 p.m. Mondays



The Summer of Opportunity and Summer Youth Employment Programs give youth **ages 14-20** the chance to gain **6-8 weeks of paid work experience** with leading employers in the area.

APPLY STARTING
Feb. 1, 2025



TO QUALIFY, YOU MUST HAVE A:

- Photo ID • Current work permit • Social Security card • Recent official report card
- Be enrolled in middle school, high school or TASC program
- Available to participate for your full assignment between July 7 - August 15

For more information call **(585) 428-6366**

Visit **rocsummeryouth.com** to apply

The online application is available in different languages.



Frederick Douglass

R-CENTER

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

HOURS

M-F, 2 – 9 p.m.
Sat. Closed



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

Youth Voice One Vision: Ages 9 to 12.

3 to 4 p.m. Wednesdays

Young People Advancing Forward: Ages 8 to 14;

4 to 5 p.m. Fridays

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

Girls Volleyball Clinics: Ages 13 to 18;

10 a.m. to 12 p.m. Saturdays

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

Saturdays

Baseball Clinics (Boys): 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

Family Cooking: Ages 6+. 5:30 to 7:30 p.m.

Wednesdays. March 12, April 16, May, 14

Adult Programs

(Details on page 12)

Fitness Awareness: Ages 17 and over.

5:30 to 7 p.m. Mondays

Open Basketball: Ages 17 and over.

6:30 to 8:30 p.m. Tuesdays

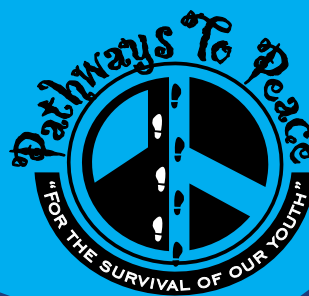


CHOOSE



WISDOM

ROCOVP.COM



THE VIOLENCE STOPS HERE.

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



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 6 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 10 to 17;

4 to 5 p.m. Wednesdays

Youth Voice One Vision: Ages 12 to 17.

4 to 5 p.m. Wednesdays

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

Wii Dance: Ages 6 to 15.

6 to 7 p.m. Mondays through Wednesdays

Color Me Creative: Ages 6 to 15.

4 to 5 p.m. Wednesdays and Fridays

Paint and Bake Ceramics: Ages 8 to 16;

6 to 7 p.m. Tuesdays

Cheffing It Up: Ages 8 to 12. 6 to 7 p.m. Thursdays

Fun Friday: Ages 8 to 12. 6 to 8 p.m. Fridays

Adult Programs

(Details on page 12)

Paint and Bake Ceramics: Ages 18+

6 to 7 p.m. Tuesdays. \$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

Youth Voice One Vision: Ages 13 to 18.

6 to 8 p.m. Mondays and Fridays

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

Top Chef: Ages 8 to 17; 4 to 5 p.m. Tuesdays

Boyz to Men Group: Ages 13 to 18;

6 to 8 p.m. Thursdays

Roc Royals Step & Dance: Ages 13 to 18.

6 to 8 p.m. Mondays and Wednesdays;

11 a.m. to 1 p.m. Saturdays

Grupo Cultural Latinos Dance: Ages 6+.

6 to 8 p.m. Tuesdays

ROCmusic Rhythm: Ages 8 to 17.

4 to 6 p.m. Tuesdays and Thursdays

Youth Sports: Ages 6 to 17.

2 to 8 p.m. Mondays through Fridays

Youth Art: Ages 6 to 17.

3 to 5 p.m. Mondays and Fridays

Adult Programs

(Details on page 12)

Open Pickleball: Ages 21 and over;

10 a.m. to 12 p.m. Saturdays

Adult Artistic Studio: Ages 21 and over;

6 to 8 p.m. Thursdays

Table Tennis: Ages 21 and over;

6 to 8 p.m. Thursdays



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



ASIP is a childcare program (ages 5+) 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

Sara Scott at Sara.Scott@CityofRochester.Gov

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 10-17.

1 to 2 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 7:30 p.m. Tuesdays and Thursdays

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

Mondays through Fridays

Jackson Boxing Program: Ages 13 and over;

5 to 8 p.m. Mondays through Fridays

Anime Club: 428-7476 for more information.

All Ages. 6 to 7:30 p.m. Fridays

Biddy Basketball: Ages 6-11.

10:30 a.m. to 12:30 p.m. Saturdays

Adult Programs

(Details on page 12)

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

Wheelchair Basketball: 5 to 8:30 p.m.

Wednesdays

Queens in Charge: Ages 18+.

6 to 8:30 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: 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 9 to 14.

5 to 6 p.m. Mondays through Fridays

Youth Voice One Vision: Ages 9 to 14.

4 to 4:45 p.m. Tuesdays

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

Earth Explorers: Ages 6 to 10.

4 to 5 p.m. Wednesdays. Email Amanda.Little@cityofrochester.gov for more information.

Girls Life Skills: Ages 10 to 18.

4 to 5 p.m. Second and forth Thursdays

Flocabulary: Ages 6 to 10. 3:45 to 4:45 p.m.

Mondays through Wednesdays

Adult Programs

(Details on page 12)

Adult Night at the Rec: 7 to 8:45 p.m. Wednesdays

Adult Open Basketball: Ages 17+.

6 to 8:30 p.m. Thursdays



Roxie Sinkler

R-CENTER 75 Grover St. • 428-7827

Mentors Inspiring Boys and Girls (MIB&G) Summer Program:

Theater, creative writing, step, dance, basketball, boxing, accelerated reading, and accelerated math.

Ages 8-16; Mon-Fri, 7:30 a.m. to 5 p.m.

Mentors Inspiring Boys and Girls (MIB&G) After School

Academic Support Program: Accelerated reading and math, homework help, tutoring, and mentorship.

Ages 5-18; Mon-Fri, 2 to 5 p.m.

Mentors Inspiring Boys and Girls (MIB&G) Artistic Program:

Theater, creative writing, step, dance, basketball, boxing, and mentorship. Teaching life skills, entrepreneurial skills, and work ethic.

Ages 8-18 Mon-Fri, 5 to 7p.m.; Ages 5-7 Sat., 10 a.m. to 1p.m.



*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.



23

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 10 to 17.

4 to 4:30 p.m. Mondays

Youth Voice One Vision: Ages 9 to 17.

4 to 4:30 p.m. Wednesdays

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

Earth Explorers: Ages 6 to 12.

4 to 5 p.m. Thursdays. Email Amanda.Little@cityofrochester.gov for more information.

Basketball Fundamentals: Ages 6 to 12.

5 to 5:30 p.m. Tuesdays and Fridays

Men of Impact: Ages 9+. 6 to 7 p.m. Tuesdays

Fresh & Focused: Ages 6 to 13.

4 to 4:30 p.m. Tuesdays

More of the Chaos Step Team: Ages 6 to 17.

5 to 7 p.m. Tuesdays and Wednesdays

Girls Basketball with Rec on the Move:

Ages 9 to 15. 5:30 to 7:30 p.m. Thursdays

The Art of Cursive: Ages 6 to 17.

3 to 4 p.m. Mondays

Homework Help: Ages 6 to 17.

2 to 3 p.m. Mondays through Fridays

Sprinkles & Smiles: Ages 6 to 12.

5 to 6 p.m. first Monday of every month

Life Skills with London: Ages 6 to 17.

5:30 to 7:30 p.m. Wednesdays

Creative Writing: Ages 9 to 14.

5 to 6 p.m. Fridays

Teen Takeover Friday: Ages 12 to 17.

7 to 8 p.m. Fridays

Soccer Basics: Ages 6 to 12. 5:30 to 7 p.m. Mondays

Floor Hockey: Ages 9 to 15. 5:30 to 7 p.m. Tuesdays

Dodgeball: Ages 6 to 17. 5:30 to 7 p.m. Wednesdays

Open Volleyball: All ages, 5:30 – 7 p.m.

Open Basketball: Ages 15+ 7:30 – 8:30 p.m.

Positive Pathways: Parenting Support Network:

All ages. 6 to 7 p.m. Thursdays

Soccer Basics with Ibero Prevention Education

Services: All ages. Select dates.

ROC Music Jazz:

Ages 10 to 17.

4 to 5 p.m. Mondays and Wednesdays

Mindful Me with Cornell Cooperative Extension 4H:

Ages 9 to 15. 5 to 6 p.m. Mondays.

March 3, 10, 17 and 24.

Wellness Wednesdays with Food Fun and Fitness:

Ages 10 to 17. 5:30 to 7:30 p.m. Wednesdays

April 2, 9, 23 and 11 a.m. to 3 p.m. on April 16

Adult Programs

(Details on page 12)

EmpowerHER Creations & Conversations:

6 to 7 p.m., Wednesdays

Soul Line Dance & Fitness:

11 a.m. to 1 p.m. Saturdays

Open Basketball:

Ages 15+.

7:30 to 8:30 p.m. Mondays through Fridays

and 3 to 4 p.m. Saturdays

Positive Pathways: Parenting Support Network:

All ages. 6 to 7 p.m. Thursdays

Building Stronger Families with 4H:

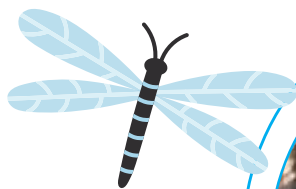
All ages. 6 to 7 p.m. Thursdays, March 6, 13, 20, 27

Men of Impact:

Ages 9+. 6 to 7 p.m. Thursdays

Wellness Wednesdays with Food, Fun, and Fitness:

All ages. (must be accompanied by an adult if under the age of 6) Weds. April 2, 9, 23 @ 5:30-7:30pm.



Aquatics

Contact Shalom.Singer@cityofrochester.gov.

Aqua Sports:

Watersports is a group of sports practiced in the water. Come join the fun with basketball, football, water polo, kayaking, obstacles and more.

Ages 10+. Mon., 6:45 to 7:30 p.m. March 3, 10, 17.

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

Adult Water Fitness

A no-impact in water and high intensity program, which emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength.

Ages 18+. Mon., 5:15 to 6 p.m.

March 3, 10, 17, 24, 31. Apr 7, 21, 28.

Adams St. R-Center, 85 Adams St.

Ages 18+. 9:15 to 10 a.m.

March 7, 17, 21, 28; April 4, 11.

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

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.

Adams St. R-Center, 85 Adams St.

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



BECOME A LIFEGUARD!

FREE for ALL City residents

Non-City resident youth \$75

Non-City resident Adult \$125

Fee waived if you accept a summer lifeguard job with the City Summer aquatics positions available:

CityofRochester.gov/Jobs

3 Day Lifeguard Course

Feb. 20-22

Adams Street R-Center
85 Adams St.

Thursday, Feb. 20, 9:30 a.m. - 5:30 p.m.

Friday, Feb. 21, 9:30 a.m. - 5:30 p.m.

Saturday, Feb. 22, 9:30 a.m. - 3:30 p.m.

Lifeguard Development Class

March & April

Trenton and Pamela Jackson R-Center
485 N. Clinton

Tuesdays Only, 6 - 7:45 p.m.

6 Sessions, March 4, 11, 18, 25 &
April 1 & 8

Lifeguard Certification Class

April 14-17

Adams Street R-Center
85 Adams St.

Monday to Thursday, 9:30 a.m. - 4:30 p.m.

April 14, April 15, April 16, & April 17

2 Day Lifeguard Recertification Class

May 22-23 & 29-30

Adams Street R-Center
85 Adams St.

Thursday, May 22, 3-7 p.m.

Friday, May 23, 4 - 8 p.m.

Thursday, May 29, 4 - 8 p.m.

Friday, May 30, 4 - 8 p.m.

For more
information contact:
shalom.singer@cityofrochester.gov



Register on R-Central

Rcentral online

Athletics

Contact Eric.Rose@cityofrochester.gov

General Athletics

R Sports Women's Fitness with Lisa Taylor:

Ages 18+. March 6 through April 16. For more info, contact Lisa.Taylor@cityofrochester.gov

Athlete 101: Ages 8 to 18. Through May 31. For more info, contact Norman.Jones@cityofrochester.gov

Rugby

R Sports Women's Rugby Training:

Ages 18+. (Women Only). Feb. March 28. For more info, contact Norman.Jones@cityofrochester.gov

Basketball

R-Sports Basketball Training:

Ages 12 to 18. March 31 through May 22. For more info, contact Norman.Jones@cityofrochester.gov

RSPORTS

CITY OF ROCHESTER

Athletics and Aquatics

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.

Track

R-Sports Flower City Track Club:

Ages 8 to 13.
May 5 through June 18. Franklin HS, 950 Norton St.
For more info, contact Norman.Jones@cityofrochester.gov

Soccer

Rochester City Soccer Outdoor League:

Ages 4-18. May 5 through July 26
For more info, contact Jamar.Gray@cityofrochester.gov
or Nicole.Hercules@rochestercitysoccerleague.org

Lacrosse

R Sports Youth Lacrosse Training (Co-Ed)

Ages 8 to 18. Jan. 7 through March 20. For more info, contact Norman.Jones@cityofrochester.gov



**"I love sport
because I
love life, and
sport is one
of the basic
joys of life."**

- Yevgeny Yevtushenko

Love -15 Tennis:

Teaches youth all about the game of tennis. The program is designed to teach tennis skills while developing values. Three main objectives are:

Beginner: Learn proper stance, different strokes, basic guidelines, and tennis terminology,

Intermediate: Learn proper hitting techniques, movement to the ball, and introduction of competitive play.

Advanced: Learn strategy and develop a strong mental game.

Ages 7 to 17. Saturdays,
April 19 – June 21
Cobbs Hill Park
80 Culver Rd



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 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.

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

Congratulations to Jermayne Myers and his youth mentorship organization, Black Men Achieve, for being recognized by the City of Rochester and Monroe County for their outstanding contributions to mentorship in the community. Mayor Malik Evans and Monroe County Executive Adam Bello presented Jermayne, along with other incredible community organizations, with proclamations honoring the significant impact of mentorship programs.

Congratulations, Jermayne!
Your work is truly making a difference!



For more information about Black Men Achieve, visit **bmaroc.org**

January is National Mentoring Month!



Best Ice Skating Rink Winner goes to MLK!



We are excited to share that Roc Holiday Village has been named one of the **BEST ICE-SKATING RINKS in the 2024 USA TODAY 10 Best Readers' Choice Awards**, in addition to being recognized for Best Holiday Market! Being honored in both categories reflects the hard work and dedication that go into making Roc Holiday Village a truly special destination.

Thanks to everyone who voted and our sponsor, Wegmans, for providing free skating, skate rentals, and skate helpers. The City of Rochester staff was also recognized for their dedication to providing a well-managed and enjoyable rink experience for all visitors.

These accomplishments would not have been possible without the support and enthusiasm of our amazing community!

ROCHESTER ANIMAL SERVICES | 184 Verona St. | 428-7274



**ROCHESTER
ANIMAL
SERVICES**

Rochester Animal Services (RAS) is committed to serving people and animals to create safe neighborhoods, support the human-animal bond, and save and enhance lives.

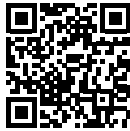
Visit AnimalServices@cityofrochester.gov.

Hours of Operation: Mon., - Sun., 12 – 4 p.m.

Adoptions and visitations end 30 minutes before closing.

(RAS closes every third Tuesday of the month for staff training).

Become a foster caregiver: Become a foster caregiver: Foster caregivers are especially needed. Foster homes are healthier and more comfortable environments than shelters and reduce overcrowding in the shelter. The foster-to-adopt option also allows families to determine if the pet is a good fit in the household before committing long-term. Learn more at cityofrochester.gov/FosterAPet or scan the QR code on the right.



Adopt an animal from the shelter:

Adoptions not only help the animals at the shelter, but also offer new owners unconditional love, physical and mental health benefits, and a solution to loneliness. For more on pet adoption, visit cityofrochester.gov/PetAdoption or scan the QR code on the right.



Help lost pets get home without them coming to the shelter:

Most lost pets are found within one mile of home. We are asking finders to assist when they encounter a friendly, healthy lost pet, before bringing the animal to the shelter. Learn how you can help at cityofrochester.gov/FoundAPet or scan the QR code on the right.



Become a Lost Pet Detective:

Speaking of helping lost pets get home, RAS is looking for City residents willing to serve as lost pet detectives. As a neighborhood lost pet detective, you can assist and support neighbors while walking them through the steps to get lost pet's home. You will receive training, a microchip scanner, and lawn sign identifying you as a resource in your neighborhood. More at: cityofrochester.gov/article.aspx?id=21474851490 or scan the QR code on the right.



Pet Food Pantry: RAS provides free bi-monthly pet food pantries at the Rochester Community Sports Complex. For more details, call 585-428-7008 or go to cityofrochester.gov/PetAssistance.aspx



Proactively register your pet at Petco Love Lost:

Petco Love Lost is an amazing tool that uses facial recognition technology and can help reunite you and your pet quicker. RAS recommends all pet parents register their pets just in case they go lost. Learn more and register your pet at lost.petcolove.org or scan the QR code on the right.



Volunteer:

Rochester Animal Services volunteers are essential to the success of the organization. Our volunteers help to enhance quality of life for animals at the shelter and support all aspects of the operation. Learn more and sign up at cityofrochester.gov/RASvolunteer or scan the QR code on the right.



*Adopt.
Don't Shop!*

Stop by Rochester Animal Services and

Find a new best friend!

ADOPTION FEES:
Dogs \$50
Cats \$35

Pets are beneficial to you and your family.

Owning a pet can:

- Buffer stress
- Lower heart rate
- Lower blood pressure
- Give social support
- Help you stay in shape
- Prevent certain sicknesses

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



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 provides 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:

Meeting of the Minds for Job Seekers provides 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+.



MARKET Days!

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

828 N. Clinton Ave., Rochester NY
[f](#) [i](#) [@](#) TheInternationalPlazaROC

International PLAZA

Sunday Market days from May through October feature foods from a variety of Latin cultures as well as merchandise vendors, not-for profits, entertainment and cultural performances.

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

For more information, visit
cityofrochester.gov/internationalplaza

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HAPPENINGS



CITY OF ROCHESTER PUBLIC MARKET

..... 280 North Union Street

Rochester's City-run Public Market has served the community at its 280 North Union Street site since 1905, and is open Tuesday, Thursday and Saturday, year-round. Vendors—occupying over 300 vending stalls on busiest Saturdays—offer local produce; produce from around the country and world; meats and seafood; eggs and dairy products; ethnic delicacies; prepared and packaged foods; specialty items; general merchandise; and more in three covered outdoor vendor sheds and also 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.

SNAP recipients can use their benefits at the Market on all regular Market shopping days! Visit the white Market Token Program Center behind the Market Office (brick house) from 8 a.m. to 1 p.m. on Tuesdays and Thursdays, and 6 a.m. to 3 p.m. on Saturdays to receive Tokens to use with dozens of participating Market vendors.

In addition to the regular Market shopping days year-round, the Market offers almost 50 free-admission special event days each year!

COMMUNITY GARAGE SALES

Offer bargains on everything from furniture to clothing; collectibles to jewelry; artwork to trinkets; and much more... all in one location! From spring through the fall, stop by the Market every other Sunday for discounts and deals galore!

SUNDAYS - April 13, April 27, June 8, June 22, **7 a.m. - 1 p.m.**

cityofrochester.gov/garagesales

FOOD TRUCK RODEOS

The Market hosts dozens of food trucks that serve up the full array of our community's creative mobile cuisine!

WEDNESDAYS - April 30, May 28, June 25, **5 - 9 p.m.**

cityofrochester.gov/foodtruckrodeo

FLOWER CITY DAYS AT THE MARKET

A paradise for novice and experienced gardeners who want to cultivate gorgeous ornamental and/or veggie gardens. These events are community favorites after long winters, full of annuals and perennials, hanging baskets, succulents, gardening accessories and much more!

SUNDAYS - May 11, May 18, May 25, June 1 and **FRIDAY**, May 23, **MONDAY**, May 26 - Memorial Day, **8 a.m. - 2 p.m.**

cityofrochest.er.gov/flowercitydays

REGULAR MARKET DAYS AND HOURS:

TUESDAYS, 6 a.m.–1 p.m.

THURSDAYS, 6 a.m.–1 p.m.

SATURDAYS, 6 a.m.–3 p.m.

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

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

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