



# Winter/ Spring

## Newsletter & Activity Guide 2026



**585-336-6070**  
**RECREATION HEADQUARTERS**



Dear Community Members and Friends,

As winter settles into Irondequoit and we begin to look ahead toward the promise of spring, I am pleased to welcome you to our 2026 Winter/Spring Activity Guide. This guide showcases a wide range of programs and events designed to keep our community active, energized, and connected throughout the colder months and into the season of renewal.

Winter in our region offers unique opportunities- from indoor fitness and enrichment programs to outdoor adventures that celebrate the beauty of the season. Whether you're interested in learning a new skill, joining a sports league, exploring our parks, or simply connecting with neighbors, our department is committed to offering activities that encourage wellness and community spirit for all ages.

This season, we are especially excited to invite you to join us at our annual Winterfest Celebration on February 7th, a community favorite filled with cold-weather fun for families, friends, and neighbors. We also encourage you to visit our Indoor Winter/Spring Markets at our Quinlan Market Building (25 Kings Highway North, next to the library), where local vendors, artisans, and growers come together to showcase the best of our region during the colder months. And for families planning ahead, keep your eyes peeled for our School Break Camps, as well as Summer Camp offerings

(registration for residents opens April 19th). We can't wait to welcome campers back for another season of learning, friendship, and adventure!

As the snow begins to melt and spring approaches, we are delighted to reintroduce many warm-weather favorites alongside new programs inspired by your feedback. Our team continues to prioritize accessible, inclusive opportunities that support recreation, health, and lifelong learning.

I want to extend my gratitude to our dedicated staff, volunteers, and community partners whose efforts make these programs possible. Most of all, thank you to the residents of our beautiful town- your enthusiasm and participation are what keeps our recreation community thriving year-round.

We look forward to seeing you out and about this winter and spring!

Cheers!



Shannon L. Grieve  
*Director of Recreation*



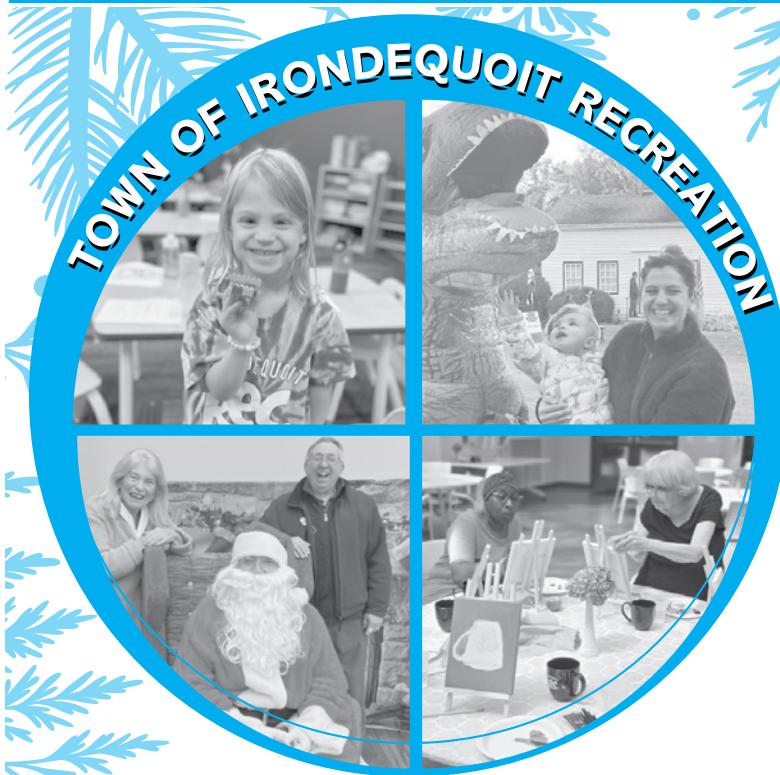
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## TOWN BOARD

**Supervisor:**  
**John Perticone**

**Members:**  
**Ann Cunningham**  
**Grant Malone**  
**Peter Wehner**



IRONDEQUOIT  
REC

## HOURS OF OPERATION AND CONTACT INFO.

Monday-Friday - 6:30 AM-8:00 PM

Saturday - 8:00 AM-6:00 PM • Sunday - 10:00 AM-4:00 PM

*\*hours subject to change based on holidays and seasons*

- 450 Skyview Centre Parkway • Suite 200  
Rochester, NY 14622 • 585.336.6070  
Recreation@irondequoit.gov  
<https://recreation.irondequoit.gov>

The Irondequoit Community Center will be closed on the following days:

**January 1st - New Year's Day - Closed**

**April 5th - Easter - Closed**

**May 10th - Mother's Day - Closed**

**May 24th - Memorial Day Parade - Close at 2pm**

**May 25th - Memorial Day - Closed**

## STAFF

**Shannon Grieve** – Director of Recreation

**Megan Hoffman** – Management Assistant

**Carmen Outlaw Mayoliz** – Rec Supervisor, Programming

**John McCauley** – Rec Supervisor, Athletics & Fitness

**Tiara Lopez** – Customer Service Coordinator

**Shanna Butler** – Special Events Coordinator

## ACCESSIBILITY

The Town of Irondequoit Department of Recreation recognizes that recreation is beneficial to all and should be available to all persons. To meet this need, the Department is committed to providing assistance and reasonable accommodations to individuals with disabilities to access all services and programs offered by the Department. Several department staff are trained and certified as Inclusion Assessors. We are focused on making every possible effort to promote and provide access for ALL residents and visitors.

**For more information or if you have questions please feel free to reach out to our Inclusion Coordinators; we are always interested in learning about all our participants' needs.**

**Please contact Megan Hoffman (585-336-7276)**

**Refunds:** All refund requests and cancellations must be submitted in writing to: recreation@irondequoit.gov

**Activity/Camp Cancellations:** All refunds will be processed as a household credit. A full refund will be issued for cancellations received AT LEAST 7 days prior to the session start date. Cancellations submitted after that date will not be credited, except in the case of a documented medical emergency.

**Community Center Rental Cancellations:** Cancellations will be assessed with a \$10.00 processing fee. No refunds will be made for cancellations less than 10 business days (Mon.-Fri.) prior to the event, except in the case of a documented medical emergency.

**Camp Eastman Rental Cancellations:** Refunds for facilities will be given only if written notification is received twenty (20) calendar days in advance of the event. A thirty-five-dollar (\$35.00) processing fee will be assessed for all refund requests. There will be NO REFUND for cancellations with less than twenty (20) days of the rental date, except in the case of a documented medical emergency.

Proud Member of



# SCHOOL'S OUT, REC IS IN!

## School Break Week Camps (Ages 5-12)

No school? No problem! Shake out that energy with your friends at Irondequoit Rec, featuring a variety of creative and engaging activities (grouped by age). Before and aftercare options are available. **Bring a bagged lunch, water bottles and sneakers daily.**

Day/Date	Time	Fee
All Dates	9:00 am-3:30 pm	\$400Res./\$457NR
Mon., Jan. 19	9:00 am-3:30 pm	\$40Res./\$45NR
Mon., Feb. 16	9:00 am-3:30 pm	\$40Res./\$45NR
Tue., Feb. 17	9:00 am-3:30 pm	\$40Res./\$45NR
Wed., Feb. 18	9:00 am-3:30 pm	\$40Res./\$45NR
Thu., Feb. 19	9:00 am-3:30 pm	\$40Res./\$45NR
Fri., Feb. 20	9:00 am-3:30 pm	\$40Res./\$45NR
Mon., Mar. 30	9:00 am-3:30 pm	\$40Res./\$45NR
Tue., Mar. 31	9:00 am-3:30 pm	\$40Res./\$45NR
Wed., Apr. 1	9:00 am-3:30 pm	\$40Res./\$45NR
Thu., Apr. 2	9:00 am-3:30 pm	\$40Res./\$45NR
Fri., Apr. 3	9:00 am-3:30 pm	\$40Res./\$45NR
Before Care	8:00-9:00 am	\$10 Res./\$13NR
After Care	3:30-5:30 pm	\$15 Res./\$18NR



# Parents' Night Out



## Parents' Night Out (Ages 5-12)

Need a night off? Drop the kids off for a fun-filled evening while you enjoy a little time to yourself! Participants will enjoy games, crafts, snacks, and activities supervised by our recreation staff. With plenty of entertainment and a safe environment, you can relax knowing your kids are having a blast!

Fee: \$20Res./\$25NR per session

Day/Date	Theme	Time
Fri., Jan. 9	Pajama Jam Night	5:30-8:00 pm
Fri., Feb. 6	Superhero Training Camp	5:30-8:00 pm
Fri., Mar. 6	Movie Marathon Night	5:30-8:00 pm
Fri., Apr. 17	Art Explosion Night	5:30-8:00 pm
Fri., May 15	Sports Spectacular Night	5:30-8:00 pm

# MINUTE TO WIN IT!

## Minute to Win It (Family)

Team up with your friends and family to compete in minute-long challenges! Inspired by the TV show *Minute to Win It*, participants will cheer each other on as they complete challenges like a balloon pop relay race, a cup stacking challenge, or balloon tennis. Come ready to laugh! Please register for each person attending.

**\*Please Note:** Parent/Caregiver assistance required.

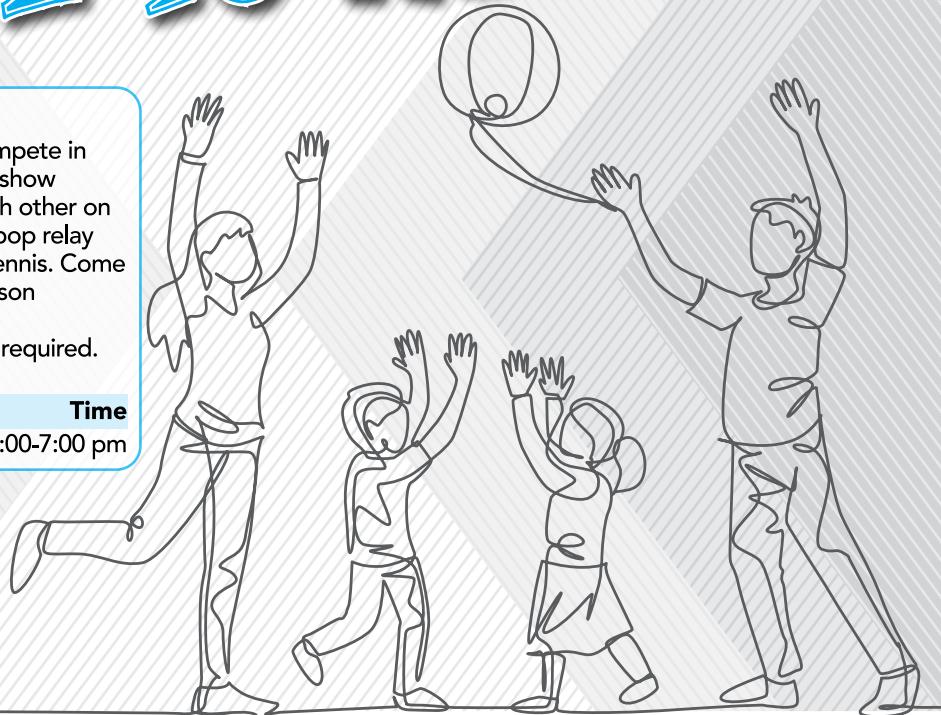
**Fee:** \$5Res./\$8NR

**Day/Date**

Fri., Jan. 16

**Time**

6:00-7:00 pm



# The Enchanted Snowflake Ball



## The Enchanted Snowflake Ball (All Ages)

Join us for a magical evening of winter fun at the Snowball Family Dance! Bring the whole family for a night of music, dancing, and seasonal cheer. Enjoy a winter wonderland atmosphere with sparkling decorations, a fun-filled "Snowball Toss" game, and a family-friendly art activity where you will create your own glowing Snowflake Luminary to take home! Strike a pose at our winter photo booth and make unforgettable memories with your loved ones. Don't forget to wear your best winter-themed attire! Special guest appearance from a holiday friend. Please register each person attending.

**Location:** Quinlan Market Building, 25 Kings Highway North

**Fee:** \$5Res./\$8NR

**Day/Date**

Fri., Jan. 23

**Time**

5:30-7:30 pm



# Bunny Hop &



## Bunny Hop & Egg Drop (All Ages)

Hop on over to the Community Center for a morning of family fun! Enjoy a delicious breakfast with Peter Cottontail himself, followed by a traditional egg hunt. Bring your baskets and cameras for photos with the Bunny. It is the perfect way to celebrate spring together! Please register each person attending.

**\*Please Note:** Parent/Caregiver assistance required.

**Fee:** \$12Res./\$15NR

**Day/Date**

Sun., Mar. 22

**Time**

10:30 am-12:00 pm

# LET'S CELEBRATE NATIONAL PICNIC DAY

## Picnic in the Park: A National Picnic Day Celebration (Family)

Celebrate National Picnic Day with a fun-filled outdoor event that brings the community together to enjoy food, games, crafts, and nature. The program encourages healthy outdoor activities, social interaction, and appreciation of local green spaces. Attendees will enjoy picnic meals/snacks provided while participating in interactive games and crafts. Please register each person attending.

**Location:** Conference Center, Camp Eastman, 1301 Lakeshore Blvd.

**Fee:** \$8Res./\$11NR

**Day/Date**

Thu., Apr. 23

**Time**

5:30-7:30 pm

## ARTS & EDUCATION

### Doll Dreams Workshop (Ages 7+)

Doll Dreams is a creative and engaging program. Each session is themed around a different doll-inspired adventure that combines craft, storytelling, and imaginative play. Children will work on themed projects, create accessories for their dolls, and take part in group activities that develop creativity and social interaction. Whether children are passionate about dolls or enjoy crafting, Doll Dreams provides a fun and memorable experience for all. Each participant will need to provide an 18 in. doll.

**Fee:** \$15Res./\$18NR

Day/Date	Theme	Time
Wed., Jan. 7	Winter Play Party	5:30-7:00 pm
Thu., Apr. 30	Mommy & Me Tea Party	6:00-7:30 pm

### Batman Gadgets Workshop (Ages 5-8)

In this fun, hands-on program children get to step into the shoes of Batman as they design and build their very own crime-fighting gadget. Using simple household items, children will stretch their imaginations to create tools that could help the Dark Knight keep Gotham safe. Along the way, they'll explore problem-solving, storytelling, and creative thinking, learning that even the smallest heroes can dream up big ideas to stop crime and make the world a better place.

**\*Please Note:** Parent/Caregiver assistance required.

**Fee:** \$12Res./\$15NR

Day/Date	Time
Sat., Jan. 17	11:00 am-12:00 pm

### Crafty Kids Club (Ages 7-12)

Each week, imagination will soar as participants explore a new theme and create a masterpiece!

**Fee:** \$70Res./\$77NR/per session, \$120Res./\$127NR/all classes

Day/Date	Time
Tue., Jan. 27-Mar.17 (Session 1)	5:30-6:30 pm
Tue., Apr. 7-May. 19 (Session 2)	5:30-6:30 pm

\*No class 2/17, 3/24, 3/31

#### Session 1

- 1/27- Comic Day
- 2/3- Painted Candy Jars
- 2/10- Valentine Bath Salt Jars
- 2/24- Group Pick
- 3/3- Glitter "Lucky" Signs
- 3/10- Spring Wreath Part 1
- 3/17- Spring Wreath Part 2

#### Session 2

- 4/7- Mini Fairy Gardens
- 4/14- Pressed Flower Lantern Jars
- 4/21- Spring Paintings
- 4/28- Flower Pen Bouquet
- 5/5- Pressed Flower Bookmarks
- 5/12- Painted Rock Garden Markers
- 5/19- Group Pick

*Find us on...*



### Story Adventures (Ages 2-6)

Each week, enjoy while we'll read a different story and make a themed craft. Our books will include old classics like *Goodnight Moon* and modern marvels like *Don't Let the Pigeon Drive the Bus!*

**\*Please Note:** Parent/Caregiver assistance required.

**Fee:** \$40Res./\$45NR

Day/Date	Time
*Mon., Feb. 2-Mar. 2	5:30-6:15 pm
Mon. Apr. 6-27	5:30-6:15 pm
Wed., Apr. 8-29	9:30-10:15 am
*No class 2/16	

### Frozen Dance Party (Ages 3-8)

Do you want to build a snowman? Join us for a magical Frozen Dance Party! Children will dance to their favorite Frozen songs, play icy-themed games, create wintry crafts, and enjoy a snowflake snack as they celebrate with Anna, Elsa, and Olaf. Dress-up is encouraged for this enchanted winter experience!

**Fee:** \$15Res./\$18NR per child

Day/Date	Time
Tue., Feb. 24	10:00-11:00 am
Wed., Feb. 25	5:30-6:30 pm

### The Comic Lab (Ages 8-14)

This immersive class is designed to explore the rich art form of comics, blending visual storytelling with literary elements. Students will delve into the history, theory, and craft behind the medium of comics, studying the work of influential comic artists and creators. Participants will engage with the material hands-on, incorporating drawing exercises to enhance their comprehension of the art form and practice their own creativity, and watch it come to life.

**Fee:** \$45Res./\$50NR

Day/Date	Time
Wed., Feb. 25-Mar. 25	5:30-7:30 pm

### Mini Musicals: Stage Crew (Ages 6-12)

For kids who want to be part of the magic behind stage! Stage Crew members will design props, create costume pieces, help with set decorations, and learn simple backstage roles. On performance day, they'll assist with props, cues, and scene changes, then take a well-deserved bow with the cast!

**Fee:** \$40Res./\$45NR

Day/Date	Time
Thu., Feb. 26-Mar. 25	6:15-7:15 pm

\*Note last day is Wednesday 3/25 for the final show.

5:30-6:30 pm

5:30-6:30 pm

5:30-6:30 pm

5:30-6:30 pm

5:30-6:30 pm

5:30-6:30 pm

### Little Scientists (Ages 2-5)

Little Scientists is back! Join us for another month of weekly science experiments perfect for curious young scientists. You'll have an opportunity to develop friendships, practice new skills, and learn new things!

**\*Please Note:** Parent/Caregiver assistance required.

**Fee:** \$40Res./\$45NR

Day/Date	Time
Tue., Mar. 3-24	9:30-10:15 am
Mon., Mar. 9-30	5:45-6:30 pm

# Town of Irondequoit Recreation

## Mini Musicals (Ages 3-9)

Does your child love to sing, dance, and perform? In this energetic musical theater program, kids will build confidence, creativity, and teamwork skills as they learn a short musical script with songs, dances, and speaking parts. The session ends with a mini performance for family and friends! No experience necessary—just bring your imagination!

**Fee:** \$40Res./\$45NR

Day/Date	Ages	Time
Wed., Mar. 4-25	5-9	5:30-6:30 pm
Fri., Mar. 6-27	3-6	10:00-10:45 am

## Life in Color (Ages 10-14)

Discover your inner artist in our Beginner Acrylic Painting Class at Irondequoit Recreation! In this relaxed, supportive setting, you'll learn basic techniques for blending colors, creating textures, and bringing your ideas to life on canvas. No experience needed—just bring your creativity, and we'll provide all the supplies!

**Fee:** \$15Res./\$18NR

Day/Date	Time
Sat., Mar. 7	12:00-2:00 pm

## Descendants: VK Bash Party (Ages 5-10)

It's time to get rotten to the core! Join us for a wickedly fun Descendants-themed party where kids will step into the world of the Villain Kids (VKs). Participants will make magical crafts like a VK Spellbook and Auradon Prep bracelet, compete in a villainous relay, dance to favorite Descendants songs, and enjoy a themed snack. Dress as your favorite VK or come in your best Isle of the Lost style for a truly wicked celebration!

**Fee:** \$15Res./\$18NR per child

Day/Date	Time
Thu., Mar. 20	5:30-7:00 pm

## Zombies 4: The Ultimate Dance Party! (Ages 6-12)

Get ready to sing, craft, and dance your hearts out at the Zombies 4: The Ultimate Dance Party! Inspired by Disney's Zombies movies, kids will transform into zombies, werewolves, or cheerleaders with themed face paint, make cool crafts like Z-Bands and glow microphones, play high-energy games, and learn fun choreography to hit songs from the films. The party ends with a group performance — costumes and creativity encouraged!

**Fee:** \$15Res./\$18NR per person.

Day/Date	Time
Sat., Apr. 18	11:30 am-1:00 pm

## Green Thumb & Colorful Strokes (Ages 16+)

If you like plants or crafts, this is the program for you! Paint a flowerpot and plant some spring seeds. We'll bring all the supplies; you bring all the creativity! Register early to reserve your spot.

**Fee:** \$10Res./\$13NR

Day/Date	Time
Wed., Apr. 29	6:00-7:00 pm

## Nature Explorers (Ages 2-6)

Explore the great outdoors with great new friends! Each week, participants will explore different aspects of the natural world, from insects and plants to weather and animals. We'll use our senses to understand the world around us through games, investigations, and crafts. We'll be outside in the rain or shine, so dress for the weather!

**\*Please Note:** Parent/Caregiver assistance required.

**Location:** Rotary Cabin, Camp Eastman, 1301 Lakeshore Blvd.

**Fee:** \$40Res./\$45NR

Day/Date	Time
Mon., May 4-25	5:30-6:15 pm

## Spring Detectives (Ages 7-12)

Spring is blooming, and mysteries are waiting to be solved! Join us as junior detectives on a fun-filled adventure, exploring hidden clues in nature and solving spring-themed mysteries. You will use detective tools to investigate the "Case of the Missing Spring Treasure," and work together to crack the case using observation, teamwork, and creativity. Dress for outdoor exploration and get ready for a sleuthing adventure!

**Location:** Rotary Cabin, Camp Eastman, 1301 Lakeshore Blvd.

**Fee:** \$10Res./\$13NR per child

Day/Date	Time
Wed., May 6	5:30-6:30 pm

## Fairy Door Hunt (Ages 5-10)

Step into a world of wonder at the Fairy Door Hunt! Families will follow clues to discover hidden fairy doors, enjoy a magical fairy tale during story time, and create enchanted crafts like paint-your-own fairy doors and sparkling fairy wands. Each child will take home a Fairy Friend Certificate and their creations. Dress up as your favorite fairy, elf, or woodland creature for extra fun! \*Geared towards ages 5-10 but younger and older kids are welcome as well. Please register for each person attending.

**Location:** Rotary Cabin, Camp Eastman, 1301 Lakeshore Blvd.

**Fee:** \$10Res./\$13NR per person

Day/Date	Time
Sat., May 16	11:30 am-1:00 pm



# Town of Irondequoit Recreation

## YOUTH SPORTS

### Tiny Tikes Basketball (Ages 3-5)

An introductory program designed for fun and skill development! With an emphasis on motor and coordination skills, we promote teamwork and nurture new friendships! Sneakers are a requirement.

**\*Please Note:** Parent/Caregiver assistance required.

**Fee:** \$55Res/\$62NR

Day/Date	Time
Wed., Jan. 7-Feb. 11	5:30-6:15 pm
Sat., Jan. 10-Feb. 14	9:15-10:00 am
Wed., Feb. 25-Apr. 1	5:30-6:15 pm
Sat., Feb. 28-Apr. 4	9:15-10:00 am
Wed., Apr. 22-May 27	5:30-6:15 pm
Sat., Apr. 25-May 30	9:15-10:00 am



### Junior Basketball (Ages 6-9)

Designed to allow children to engage in a developmental program that nurtures all skill levels in the sport of basketball. Focus areas include dribbling, passing, shooting, footwork, and game rules. Sneakers are a requirement.

**Fee:** \$60Res/\$67NR

Day/Date	Time
Wed., Jan. 7-Feb. 11	6:30-7:15 pm
Sat., Jan. 10-Feb. 14	10:15-11:00 am
Wed., Feb. 25-Apr. 1	6:30-7:15 pm
Sat., Feb. 28-Apr. 4	10:15-11:00 am
Wed., Apr. 22-May 27	6:30-7:15 pm
Sat., Apr. 25-May 30	10:15-11:00 am

### Tween Basketball (Ages 10-13)

Instructional program supporting both beginner and advanced athletes in the exciting sport of basketball. Develop skills in dribbling, passing, shooting and footwork, while mastering the game's rules. Sneakers are a requirement.

**Fee:** \$60Res/\$67NR

Day/Date	Time
Wed., Jan. 7-Feb. 11	7:15-8:00 pm
Sat., Jan. 10-Feb. 14	11:15 am-12:00 pm
Wed., Feb. 25-Apr. 1	7:15-8:00 pm
Sat., Feb. 28-Apr. 4	11:15 am-12:00 pm
Wed., Apr. 22-May 27	7:15-8:00 pm
Sat., Apr. 25-May 30	11:15 am-12:00 pm

### Nerf Zombie Attack (Ages 7-12)

Nerf on the Turf is back! Grab a blaster and join the action in this fast-paced, high-energy game of zombie tag. Nerf blasters and safety goggles will be provided. Sneakers are required.

**Fee:** \$25Res./\$30NR

Day/Date	Time
Thu., Jan. 8-29	5:30-6:15 pm
Thu., Apr. 9-30	5:30-6:15 pm

### Tiny Movers: Gross Motor Fun! (18mos.- 4)

Let your little ones explore the world of movement! This energetic class is designed to support toddlers and preschoolers in developing their coordination, balance, and strength through a variety of exciting activities. From jumping like frogs to animal walks and obstacle courses, each session is full of fun games that promote physical development and teamwork in a safe and supportive environment.

**\*Please Note:** Parent/Caregiver assistance required.

**Fee:** \$20Res./\$23NR

Day/Date	Time
Fri., Jan. 16-Feb. 6	10:30-11:15 am
Wed., Jan. 21-Feb. 11	5:30-6:15 pm
Tue., Apr. 7-28	10:30-11:15 am
Wed., Apr. 8-29	5:30-6:15 pm

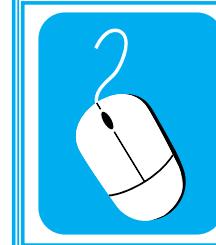
### Netbusters Soccer (Ages 3-4)

Designed to introduce littles to a pre-competitive and instructional program that develops beginner athletes in the sport of soccer. Participants will learn new skills including dribbling, passing, shooting, footwork, and rules of the game.

**\*Please Note:** Parent/Caregiver assistance required

**Fee:** \$40Res./\$45NR

Day/Date	Time
Thu., Feb. 26-Mar. 19	5:00-5:45 pm
Tue., Mar. 3-24	10:00-10:45 am
Thu., May 7-28	5:30-6:15 pm
Fri., May 8-29	10:00-10:45 am



**Save time!  
Register online!**  
Visit  
[recreation.irondequoit.gov](http://recreation.irondequoit.gov)  
for more information

# Town of Irondequoit Recreation

## Gym Mash-Up (Ages 7-12)

This class is designed to provide a diverse and engaging physical education experience where participants explore different sports for each session. The program promotes teamwork, physical fitness, and skill-building across various activities, while fostering a sense of fun and friendly competition. Sneakers are a requirement.

**Themes:** Golden Dodgeball, 4-Square Volleyball, Gaga Ball

**Fee:** \$25Res./\$28NR

### Day/Date

Thu., Feb. 26-Mar. 12 Time

5:30-6:15 pm

## Golden Dodge Ball (Ages 7-12)

Bringing back a classic game that has been asked for by the masses! The Golden Ball is the key that will bring your team to victory! This game will help team build, strategy, reflexes, and cardio. Tell a friend!

**Fee:** \$20Res./\$23NR

### Day/Date

Thu., May. 7-28 Time

5:30-6:15 pm

## YOUTH DANCE

### Intro to Dance and Movement (Ages 2-3)

Introduce young children to movement and music through imagination games, upbeat, age-appropriate music, and props to inspire and excite students about dance. Your toddler will also develop listening skills to help them with classroom etiquette. \*Please note: Parent/Caregiver assistance is required.

**Host:** Miss Tara, Local Dance Instructor

**Fee:** \$70Res./\$77NR

### Day/Date

Tue., Jan. 6-Feb. 10 Time

5:35-6:20 pm

Tue., Mar. 3-Apr. 7 Time

5:35-6:20 pm

Tue., Apr. 28-June 2 Time

5:35-6:20 pm

## Ballet/Jazz/Tumbling (Ages 4-5)

Let us introduce your child to the enchanting world of dance and tumbling in a fun and engaging manner! They will learn fundamental moves and skills with colorful equipment and parachute play. A small recital on the last day of class will showcase their achievements!

**Host:** Miss Tara, Local Dance Instructor

**Fee:** \$70Res./\$77NR

### Day/Date

Tue., Jan. 6-Feb. 10 Time

6:25-7:10 pm

Tue., Mar. 3-Apr. 7 Time

6:25-7:10 pm

Tue., Apr. 28-June 2 Time

6:25-7:10 pm





## STRIKE BACK MARTIAL ARTS CLASSES FOR YOUTH & ADULTS

### Tiny Titans Jujitsu Club (Ages 4-6)

Encourage your kids to move their bodies, challenge themselves, and try something new! The Tiny Titans Jujitsu Club, designed for boys and girls ages 4 to 6, is an introduction to the sport of Jujitsu. Students will learn basic jujitsu skills, especially focusing on body awareness, moving in space, and body mechanics. Lessons will encourage respect, discipline, and teamwork, while building confidence, coordination, strength, and social skills.

**Instructor:** Strike Back Martial Arts LLC.

**Fee:** \$80/session

#### Winter Sessions

Day/Date	Time	Level
Sat., Jan. 3-Feb. 28	9:00-9:45 am	Level 1
Sat., Jan. 3-Feb. 28	10:00-10:45 am	Level 2*
Sat., Jan. 3-Feb. 28	11:15 am-12:00 pm	Level 1

\*Level 2 students are at the recommendation of the instructor.

#### Spring Sessions

Day/Date	Time	Level
Sat., Mar. 14-May 9	9:00-9:45 am	Level 1
Sat., Mar. 14-May 9	10:00-10:45 am	Level 2*
Sat., Mar. 14-May 9	11:15 am-12:00 pm	Level 1

\*Level 2 students are at the recommendation of the instructor.

#### Summer Sessions

Day/Date	Time	Level
Sat., May 16-Jun. 27	9:00-9:45 am	Level 1
Sat., May 16-Jun. 27	10:00-10:45 am	Level 2*
Sat., May 16-Jun. 27	11:15 am-12:00 pm	Level 1

\*Level 2 students are at the recommendation of the instructor.

\* No class on 5/23

### Jujitsu Buddies (Ages 5-11)

A highly regarded adaptive Jujitsu program designed for children ages 5-11, with an added emphasis on individualized and self-paced instruction. Some of the benefits your children will experience from participation in this program are:



**Focus** - Relaxation breathing techniques, practice of multiple step directions to improve auditory processing skills.

**Awareness** - Personal space training and activities, movement skills for group settings.

**Social Skills** - Understanding social cues, support and guidance both verbally and non-verbally.

**Strength** - Individual and group exercise, completing tasks, promotion of positive "never give up" attitude.

**Coordination** - Gross and fine motor skills.

**Confidence** - Promotion of the concept "let's try something new," building skills such as "making eye contact" and "formal introductions."

**Safety** - Good touch/bad touch discussion; presentations from uniformed officers, and knowledge and repetition of basic skills.

**Teamwork** - Large and small group activities; learning each role and understanding the importance of each task.

**Instructor:** Strike Back Martial Arts LLC.

**Fee:** \$180/session

#### Winter Sessions

Day/Date	Time
Sat., Jan. 3-Feb. 28	10:15-11:00 am

#### Spring Sessions

Day/Date	Time
Sat., Mar. 14-May 9	10:15-11:00 am

#### Summer Sessions

Day/Date	Time
Sat., May 16-Jun. 27	10:15-11:00 am

\* No class on 5/23

# Town of Irondequoit Recreation

## Junior Jujitsu (Ages 6-15)

Participants looking for a more traditional approach to martial arts programs, such as Jujitsu, can find just that with Strike Back Martial Arts. Programs are led by highly qualified instructors and cover the areas of striking, throwing, and grappling. Learning all these various techniques help the students to become well rounded in their abilities. Strike Back Martial Arts provides training programs tailored for students regardless of their age, gender, size, and skill, which will meet their needs for functional self-protection. Through this program, students will learn discipline, develop strength and gain self-confidence. Sign up for one or both days!



**Instructor:** Strike Back Martial Arts LLC.

### Tuesday Evenings

Day/Date	Fee	Time
Tuesdays in January	\$90	6:00-7:00 pm
Tuesdays in February	\$90	6:00-7:00 pm
Tuesdays in March	\$90	6:00-7:00 pm
Tuesdays in April	\$90	6:00-7:00 pm
Tuesdays in May	\$90	6:00-7:00 pm
Tuesdays in June	\$90	6:00-7:00 pm
Tuesdays in July	\$90	6:00-7:00 pm
Tuesdays in August	\$90	6:00-7:00 pm
Tuesdays in September	\$90	6:00-7:00 pm
Tuesdays in October	\$90	6:00-7:00 pm
Tuesdays in November	\$90	6:00-7:00 pm
Tuesdays in December	\$90	6:00-7:00 pm

### Saturday Mornings

Day/Date	Fee	Time
Saturdays in January	\$90	9:00-10:00 am
Saturdays in February	\$90	9:00-10:00 am
Saturdays in March	\$90	9:00-10:00 am
Saturdays in April	\$90	9:00-10:00 am
*Saturdays in May	\$90	9:00-10:00 am
Saturdays in June	\$90	9:00-10:00 am
Saturdays in July	\$90	9:00-10:00 am
Saturdays in August	\$90	9:00-10:00 am
Saturdays in September	\$90	9:00-10:00 am
Saturdays in October	\$90	9:00-10:00 am
Saturdays in November	\$90	9:00-10:00 am
Saturdays in December	\$90	9:00-10:00 am

\* No class on 5/23 and 7/4

### Tuesday/Saturday Combo Option

Day/Date	Fee
Saturdays & Tuesdays in January	\$124
Saturdays & Tuesdays in February	\$124
Saturdays & Tuesdays in March	\$124
Saturdays & Tuesdays in April	\$124
*Saturdays & Tuesdays in May	\$124
Saturdays & Tuesdays in June	\$124
Saturdays & Tuesdays in July	\$124
Saturdays & Tuesdays in August	\$124
Saturdays & Tuesdays in September	\$124
Saturdays & Tuesdays in October	\$124
Saturdays & Tuesdays in November	\$124
Saturdays & Tuesdays in December	\$124

\* No class on 5/23 and 7/4

## Strike Back Fitness (Ages 12+)

The Strike Back Fitness adaptive program was created to provide teens with Down Syndrome (DS) and Autism a safe and accepting environment that will allow them the opportunity to participate in physical activities and exercise. Strike Back Fitness is a low impact fitness program structured and tailored to the needs of the Down Syndrome and Autism population but is open to interested teens of all abilities. The Strike Back Fitness program will provide students with the opportunity to become proficient in the areas of striking, body movement, kicks/knees, fitness, and self-protection. Gain knowledge and confidence from the highly regarded instructors with Strike back Martial Arts. Don't miss out on this great opportunity!

**Instructor:** Strike Back Martial Arts LLC.

**Fee:** \$110/month

Day/Date	Time
Mondays in January	6:00-6:45 pm
Mondays in February	6:00-6:45 pm
Mondays in March	6:00-6:45 pm
Mondays in April	6:00-6:45 pm
*Mondays in May	6:00-6:45 pm
Mondays in June	6:00-6:45 pm
Mondays in July	6:00-6:45 pm
Mondays in August	6:00-6:45 pm
*Mondays in September	6:00-6:45 pm
Mondays in October	6:00-6:45 pm
Mondays in November	6:00-6:45 pm
Mondays in December	6:00-6:45 pm

\*No class on 5/25 & 9/7

## Jujitsu 101 (Ages 14+)

Thinking of trying jujitsu? Regardless of your age, fitness level, or skill this class introduces you to the basics of striking, throwing and grappling. The very knowledgeable instructors from Strike Back Martial Arts will educate you on staying safe and confident. Men and women are encouraged to try this class and learn what jujitsu has to offer! The monthly program includes education and hands-on training in the areas of positions, submissions, escapes, and reversals. Improve your self-confidence and self-protection in a safe and controlled environment. This is a class you won't want to miss!

**Instructor:** Strike Back Martial Arts LLC.

**Fee:** \$90 Res./\$97 NR

Day/Date	Time
Tuesdays in January	7:00-8:00 pm
Tuesdays in February	7:00-8:00 pm
Tuesdays in March	7:00-8:00 pm
Tuesdays in April	7:00-8:00 pm
Tuesdays in May	7:00-8:00 pm
Tuesdays in June	7:00-8:00 pm
Tuesdays in July	7:00-8:00 pm
Tuesdays in August	7:00-8:00 pm
Tuesdays in September	7:00-8:00 pm
Tuesdays in October	7:00-8:00 pm
Tuesdays in November	7:00-8:00 pm
Tuesdays in December	7:00-8:00 pm

Find us on...



# Town of Irondequoit Recreation

## ADULT & OLDER ADULT



### Driver Safety-AARP Smart Driving Course (Ages 55+)

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In New York State, drivers benefit with a 10% discount on their auto insurance. They also will learn something new along the way. An evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Payment is due the day of class in the form of check or money order made out to AARP.

**Instructor:** AARP Representative

**Fee:** AARP Member \$25/Non-AARP Member \$30

Day/Date	Time
Mon., Jan. 5	9:00 am-3:30 pm
Mon., Jan 19	9:00 am-3:30 pm
Mon., Feb. 2	9:00 am-3:30 pm
Mon., Feb. 16	9:00 am-3:30 pm
Mon., Mar. 2	9:00 am-3:30 pm
Mon., Mar. 16	9:00 am-3:30 pm
Mon., Apr. 6	9:00 am-3:30 pm
Mon., Apr. 20	9:00 am-3:30 pm
Mon., May 4	9:00 am-3:30 pm
Mon., May 18	9:00 am-3:30 pm
Mon., June 1	9:00 am-3:30 pm
Mon., June 15	9:00 am-3:30 pm
Mon., July 6	9:00 am-3:30 pm
Mon., Aug. 3	9:00 am-3:30 pm
Mon., Sept. 14	9:00 am-3:30 pm
Mon., Sept. 21	9:00 am-3:30 pm
Mon., Oct. 5	9:00 am-3:30 pm
Mon., Oct. 19	9:00 am-3:30 pm
Mon., Nov. 2	9:00 am-3:30 pm
Mon., Nov.16	9:00 am-3:30 pm
Mon., Dec.7	9:00 am-3:30 pm
Mon., Dec.14	9:00 am-3:30 pm



### Striders (Ages 55+)

Join the fun and camaraderie as we explore a different path each week (we always welcome suggestions for your favorite locations!). Stroll your way to the end of the season where we will enjoy a culminating celebratory stroll & activity with fellow striders!

**Fee:** \$40Res./\$45NR

Day/Date	Time
Wed., Jan. 28-May 29	10:00-11:00 am
1/28 - Seneca Park	
2/4 - North Ponds Park Loop	
2/11 - Birdsong Fairy Trail	
2/25 - Lamberton Conservatory	
3/4 - Turning Point Park	
3/11 - North Ponds Park Railroad	
3/18 - Maplewood Park	
3/25 - Group Pick	
4/8 - Tinker Park	
4/15 - Hen Peck Park	
4/22 - Irondequoit Bay Park West Blue Trail	
4/29 - Group Pick	
5/6 - Durand Eastman Park	
5/13 - Highland Park Lilacs	
5/20 - Webster First Responder Park	
5/27 - Whiting Nature Preserve	
*No Walking on 2/18 & 4/1	

### Sweetheart Celebration (Ages 55+)

Love is in the air as we celebrate St. Valentine! Enjoy a delicious meal, romantic tunes, and amorous activities! Door prizes are available for our sweetest cherubs!

**Fee:** \$12Res./\$15NR

Day/Date	Time
Fri., Feb. 6	11:45 am-1:45 pm

### Whisked Away- A Sweetheart Cake Class

#### (Adult 18+)

Join us for a fun and interactive sweetheart-themed cake decorating class perfect for couples, friends, or anyone with a sweet tooth. Learn simple decorating techniques using buttercream, piping bags, and edible accents as you create your very own love-inspired cake to take home. Enjoy a relaxed, creative atmosphere filled with laughter, sweet treats, and a sprinkle of romance. All materials are provided — just bring your sweetheart (or your bestie) and get ready to be whisked away! Please register each person attending.

**Fee:** \$15Res./\$18NR

Day/Date	Time
Tue., Feb. 10	5:30-7:30 pm

### Brushstrokes of Love (Ages 18+)

Fall in love with art this Valentine's Day! Join us for a beginner-friendly acrylic painting class where you'll learn the basics of acrylics—from blending colors and creating texture, to bringing your own ideas to life. No experience is necessary, and all supplies are provided. Whether you attend solo or with a group, you're sure to love this class!

**Fee:** \$20Res./\$23 NR

Day/Date	Time
Fri., Feb. 13	6:00-7:45 pm

# Town of Irondequoit Recreation



## Cornhole League (Adult 18+)

Join the fastest growing league in the area! All teams are comprised of two players, no subs. Each team competes weekly in the hunt for the coveted trophy! Please register for each person attending.

**Fee:** \$20Res./\$25NR

Day/Date	Time
Fri., Feb. 27-Mar. 27	5:00-7:45 pm

## The Luck of the Irish- St. Paddy's Party (Ages 55+)

Celebrate St. Patrick's special day with festive entertainment, interactive games, and a delicious catered corned beef & cabbage lunch. Come dressed to impress in your most festive Irish garb for a chance to win a door prize!

**Fee:** \$12Res./\$15NR

Day/Date	Time
Tue., Mar. 17	11:45 am-1:45 pm

## Brunch in Bloom (Ages 55+)

Join us for a delightful Easter brunch where we'll share a delicious pancake meal with wonderful company. Reminisce about past Easter traditions and create new memories with friends in a warm and festive atmosphere! Enjoy a special guest appearance from Peter Cottontail!

**Fee:** \$12Res./\$15NR

Day/Date	Time
Thu., Mar. 26	11:45 am-1:45 pm



## Coffee and Canvas (Ages 55+)

Join us for a creative afternoon of painting and relaxation! In this beginner-friendly acrylic painting class at Irondequoit Recreation, you'll learn simple techniques for blending colors, building texture, and expressing your ideas on canvas. No experience is necessary—just bring your imagination. We'll provide coffee, supplies, and plenty of encouragement!

**Fee:** \$15Res./\$18NR

Day/Date	Time
Fri., Apr. 10	1:30-3:30 pm

## Celebrate National Picnic Day (55+)

Celebrate National Picnic Day with a fun-filled outdoor event that brings the community together to enjoy food, games, and nature. The program encourages healthy outdoor activities, social interaction, and appreciation of local green spaces. Attendees will enjoy the provided lunch and snacks while participating in outdoor games.

**Location:** Conference Center, Camp Eastman, 1301 Lakeshore Blvd.

**Fee:** \$5Res./\$8NR

Day/Date	Time
Thu., Apr. 23	11:30 am-1:30 pm



Find us on...



# Lunch Club 60

**Daily Lunch:** Lunch is served Monday-Friday at approximately 11:45 AM at the Irondequoit Community Center, 450 Skyview Centre Parkway, Suite 200. Our lunch is served cafeteria-style in our Dining Room and our menu is developed by a registered dietitian through Monroe County. This program offers an opportunity to share in a hot meal and enjoy social activities in the company of good friends! Nutrition screenings and counseling, assessment, and education are also available.

**Bingo is played frequently after lunch. For \$5.00 a Bingo card, you can join in on the fun!**

**Sandwich and Side Program:** Not interested in the lunch being offered? We always offer a variety of fresh-made

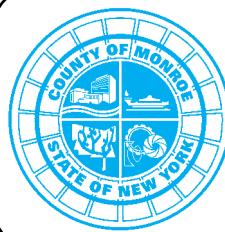
on-site cold and hot sandwiches with a side. This program is unique to our Lunch Club 60! The cost of this Program varies from \$4-\$8.

**What's on the Menu?** Each day's offering is included in the monthly menu, which is available at the Community Center and online.

**Fees:** There is a \$3.50 suggested contribution for County meal on the menu for those 60 and older, and a \$7.50 charge for those under 60. To reserve a meal please call the Office (336-6070) at least 24 hours in advance.

**2nd Tuesday** of the month 12:15-1:15 PM

**Ally Miller Nutrition Educator** from the Cornell Cooperative Extension - each session she will talk about or demo a nutrition topic.



**No eligible person shall be denied benefits** or subjected to discrimination under any program or activity receiving any Federal, State, or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Department of Health, and Monroe County Dept. of HS/Office for the Aging.

# IRONDEQUOIT COMMUNITY CENTER



## IRONDEQUOIT RECREATION

## 450 SKYVIEW CENTRE PARKWAY • SUITE 200

**585.336.6070**

## RESIDENT ACCESS PASS

**Available to Irondequoit residents only.**

This free pass provides access to features such as the walking path, lounges, resident-only open gym/turf and additional events.

## PROGRAM/CLASS REGISTRATION

Separate fees apply for residents and non-residents.  
Programs are listed in our seasonal brochure and require pre-registration.

## MEMBERSHIP RATES

MEMBERSHIPS (RESIDENT)	FEES PER YR.	COST BREAKDOWN PER MONTH
Youth (11-17 yrs)	\$120	\$10
Adult (18-54 yrs)	\$180	\$15
Seniors (55+)	\$120	\$10
Premium (14+)	\$540	\$45
Military/First Responder Discount		20%

MEMBERSHIPS (NON-RESIDENT)	FEES PER YR.	COST BREAKDOWN PER MONTH
Youth (11-17 yrs)	\$180	\$15
Adult (18-54 yrs)	\$240	\$20
Seniors (55+)	\$180	\$15
Premium (14+)	\$660	\$55
Military/First Responder Discount		20%

# *Creating Community, Enhancing Health, Inspiring Play*

## FACILITY DROP-IN

Provides access to drop-in to open gym/turf, pickleball, cardio/weight room, and other fee based drop-in activities as promoted.

*\*Residents do not need a drop-in for free or resident-programming (see Resident Access Pass).*

	Resident	Non-Resident
Adult (18-54)	\$5/visit	\$7/visit
Senior (55+)	\$4/visit	\$6/visit
Youth (0-17)	\$4/visit	\$6/visit

## GROUP EXERCISE CLASS REGISTRATION

**Class Registration = \$6 per session**

**Premium Memberships** (includes Health Insurance Members):  
\$0 registration fee per session

Pre-registration is required for all group exercise classes even if the cost is included in your membership.

Registration for the upcoming months' classes open 15th of each month (ie: register for March classes starting February 15th).

For specific membership information and rates call (585) 336-6070.





# GROUP EXERCISE

**Pre-registration is required for all group exercise classes even if the cost is included in your membership.**

**Classes that are noted 55+ are open to any age. All classes are held in the Group Exercise Studio, unless otherwise noted.**

## Pumped Up Strength (Ages 14+)

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

**Host:** Becca Watro

Day	Time
Sundays	10:15-10:45 am
Thursdays	6:30-7:00 pm
*No class on 1/1, 4/5, 5/10, 6/21, 7/5	

## POUND (Ages 14+)

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities.

**Host:** Becca Watro

Day	Time
Sundays	11:00-11:45 am
Thursdays	7:15-7:45 pm
*No class on 1/1, 4/5, 5/10, 6/21, 7/5	

## Active Training 55+ (Ages 55+)

Active Training 55+ is tailored towards the active older adult that wants to challenge their body. Participants will work on strength, flexibility, coordination, and muscle endurance. No floor work will be involved.

**Host:** Anja Jabs-Devinis

Day	Time
Mondays	9:15-10:15 am
*No class on 5/25	

## Core Strength (14+)

A strength class that is designed to target and strengthen the muscles of the torso. This includes the abdomen, back, and hips. The class seeks to enhance stability, improve posture, and support efficient, balanced movement throughout the body in a quick 30-minute routine.

**Host:** Anja Jabs-Devinis

Day	Time
Mondays	4:00-4:30 pm
*No class on 5/25	

## Silver Sneakers Classic (Ages 55+)

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

**Host:** Anja Jabs-Devinis

Day	Time
Mondays	10:30-11:30 am
Fridays	10:30-11:30 am
*No class on 5/25, 7/3	

## Chair Yoga (Ages 55+)

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Host:** Anja Jabs-Devinis

Day	Time
Mondays	11:45 am-12:45 pm
Wednesdays	11:45 am-12:45 pm
Wednesdays	5:00-6:00 pm
*No class on 5/25	

## Circuit (Ages 14+)

This class combines high volume cardiovascular exercises, resistance training, and specific intervals. Expect to burn fat, improve your physique, and gain both overall strength and cardiovascular fitness. Proper form will be stressed, and movement modifications will be provided to maximize safety and results.

**Host:** Carole Nier

Day	Time
Mondays	5:30-6:15 pm
*No class on 5/25	



## POMSQUAD (Ages 11+)

POMSQUAD™ is a super fun, immensely positive, high energy dance fitness class! You'll be shaking your poms while prancing, dancing, bending, and snapping to today's hits and yesterday's favorites. Inclusive, encouraging, and easy to follow classes are designed to improve cardiovascular fitness while strengthening and toning the body. Featuring a variety of dance styles and unique choreography, there is something for every type of spirit leader in each class.

**Host:** Becca Watro

Day	Time
Mondays	6:30-7:15 pm
*No class on 1/19, 2/16, 5/25	

## Yoga (Ages 55+)

Beginner/intermediate fitness style Yoga program that accommodates mobility and flexibility. This class will help to improve your overall flexibility, resting heart rate, and focus on breath. Stimulate your digestion, circulation, mental clarity, and positive outlook. Please bring a yoga mat and a water bottle.

**Host:** Anja Jabs-Devins

Day	Time
Tuesdays	8:00-9:00 am

## Zumba Gold (Ages 55+)

Zumba Gold® is a fun-filled, safe, and easy to follow Latin dance program created for the active older adult and appropriate for all fitness levels. Rhythms like the Merengue, Salsa, Cha Cha, Belly Dance, Cumbia, Flamenco, Tango and Rock and Roll are simplified and broken down to emphasize the basics while creating a total body workout that is motivational, inspiring, and fun.

**Host:** Shelley Hensel

Day	Time
Tuesdays	9:45-10:30 am
Thursdays	9:45-10:30 am
*No class on 1/1	

## Motion Promotion (Ages 55+)

A seated exercise class with the option to stand- perfect for all ability levels. This class will help to build stamina, muscle strength, improve range of motion and respiratory circulation, while exercising to contemporary easy listening music. Each class includes warmup, muscle strengthening, cool down and stretching. Appropriate for individuals with arthritis, chronic pain and mobility issues, etc.

**Host:** Carol Lang

**Room:** Community Room, Seneca

Day	Time
Tuesdays	10:15-11:15 am
Thursdays	10:15-11:15 am
Thursdays	11:30 am-12:30 pm
*No class on 1/1	

Find us on...



## Silver Sneakers Classic (Ages 55+)

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seating or standing support.

**Host:** Amy Cuomo-Oberst

Day	Time
Tuesdays	10:45-11:45 am

## Rise and Shine Cardio Dance (Ages 55+)

Get ready to start your day with this energizing dance workout. This fun class will feature gentle, easy to follow dance steps. If you are looking to break out of those mundane fitness routines and break a sweat while moving and grooving, this class is for you! All movements can be adapted to fit the needs of anyone's fitness level and help you achieve that healthy, active lifestyle you desire.

**Host:** Samantha Richards

Day	Time
Wednesdays	8:30-9:20 am

## Level 1 Yoga (Ages 14+)

In this gentle practice, you can expect a slower pace, less intense positions and postures that may be held for a longer period of time. Additionally, there will be time for breath work, meditation, and relaxation. Modifications will be provided making this a great class for all fitness levels.

**Host:** Anja Jabs-Devins

Day	Time
Wednesdays	10:30-11:30 am
Fridays	9:00-10:00 am
*No class on 7/3	

## Zumba (Ages 14+)

A fusion of Latin and International music and dance themes that create a dynamic, exciting, effective fitness system! Zumba® utilizes the principles of fitness interval and resistance training for a full body workout! It combines a mixture of body sculpting movements with easy-to-follow dance steps.

**Host:** Sue Piccirilli

Day	Time
Wednesdays	6:15-7:00 pm
Saturdays	10:45-11:30 am
*No class on 7/4	

## Zumba Toning (Ages 14+)

Combines Zumba dance moves with strength training exercises, using light weights like Zumba Toning Sticks (or light dumbbells). It's a high-energy class that helps tone and sculpt the body while burning calories and improving coordination.

**Host:** Sue Piccirilli

Day	Time
Wednesdays	7:05-7:35 pm



### **Yoga & Meditation (Ages 14+)**

Join us for a session exploring the fundamentals of Yoga and Meditation. We'll focus on practicing Yoga poses on the mat (no chairs), emphasizing weight-bearing on hands and knees. The class will also include a dedicated meditation session. All levels of experience are welcome.

**Host:** Anja Jabs-Devins

Day	Time
Thursdays	8:00-9:00 am
*No class on 1/1	

### **Silver Sneakers Circuit (Ages 55+)**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching, and relaxation exercises.

**Host:** Amy Cuomo-Oberst

Day	Time
Thursdays	10:45-11:45 am
*No class on 1/1	

### **Core Strength (14+)**

A strength class that is designed to target and strengthen the muscles of the torso. This includes the abdomen, back, and hips. The class seeks to enhance stability, improve posture, and support efficient, balanced movement throughout the body in a quick 30-minute routine.

**Host:** Lisa Rice

Day	Time
Thursdays	4:45-5:15 pm
*No class on 1/1	

### **Body Conditioning (Ages 55+)**

Body conditioning will be a full-body workout that pays attention to balance, mobility, strength, and flexibility. Workouts will include core strengthening exercises, floor work, and will utilize equipment such as dumbbells, cardio balls, TRX bands, and more. We hope to see you in this energizing class.

**Host:** Anja Jabs-Devins

Day	Time
Fridays	11:45 am-12:45 pm
*No class on 7/3	

### **Level 2 Yoga (Ages 14+)**

This class incorporates a series of flowing postures with rhythmic breathing that will produce body heat and an intense full mind-body workout. Benefits include increased flexibility, strength, stamina, balance, and coordination while reducing stress. All poses will be modified for beginners. All experience levels welcome.

**Host:** Anja Jabs-Devins

Day	Time
Saturdays	9:30-10:30am
*No class on 7/4	





# MONTHLY INDOOR MARKET SCHEDULE

25 Kings Highway North.



Follow us on Facebook at Irondequoit Farmers Market Page  
and Irondequoit Recreation for details and updates!

JAN

## Bridal Market

**January 22 | 4:00-7:00 pm**

More than just a place to shop for wedding essentials; it's an opportunity to build connections and create lasting memories. This bridal market proves to be a heartwarming gathering that prepares couples for their big day.

FEB

## Carved & Crafted Woodwork Market

**February 26 | 4:00-7:00 pm**

Discover craftsmanship at the woodworking and artisan market! Join us for an event celebrating the art of woodworking and handmade treasures. Live workshops, interactive booths, to learn their craft firsthand.

MAR

## Wellness Market

**March 26 | 4:00-7:00 pm**

Contributor to community wellness, offering numerous benefits that extend beyond the event itself. The market will offer a space where community members can access healthier lifestyle choices. A serene and reflective environment, promoting mental and emotional well-being.

APR

## FURever Market

**April 23 | 4:00-7:00 pm**

The FURever Market is more than just a marketplace—it's a hub for pet enthusiasts and a vibrant community event that brings together pet owners, animal lovers and local businesses.



## Flea & Farmers Markets

**Second Thursday each month | 4:00-7:00 pm**

Combining these two elements, we wanted to create a space that caters to a wide range of interests and needs. The Flea and Farmers Market can become a vibrant hub of activity that supports local vendors and attracts a diverse crowd of shoppers eager to explore and connect.

IRONDEQUOIT RECREATION



FEATURING OUR SNOWMAN STROLL

SATURDAY FEBRUARY 7TH, 2026  
11AM-3PM

IRONDEQUOIT TOWN HALL



FOOD TRUCKS - VENDOR MARKET



HOT COCOA, MARSHMALLOW ROASTING, KIDDIE  
SLEDDING, LIVE ANIMALS, AND MORE!



[WWW.IRONDEQUOIT.GOV](http://WWW.IRONDEQUOIT.GOV)  
585-336-6070  
[SPECIALEVENTS@IRONDEQUOIT.GOV](mailto:SPECIALEVENTS@IRONDEQUOIT.GOV)



IN PARTNERSHIP WITH THE IRONDEQUOIT AMERICAN LEGION POST #134



# Memorial Day



REMEMBER AND HONOR



### PARADE

SUNDAY, MAY 24<sup>TH</sup>

3PM, ROUTE STARTS AT COOPER /TITUS  
TO TOWN HALL

### MEMORIAL SERVICE

MONDAY, MAY 25<sup>TH</sup>

9AM, IRONDEQUOIT CEMETARY

TOWN OF IRONDEQUOIT  
[SPECIALEVENTS@IRONDEQUOIT.GOV](mailto:SPECIALEVENTS@IRONDEQUOIT.GOV)  
585-336-6070



IRONDEQUOIT RECREATION 2026

# SUMMER CAMP

JUNE 29-AUGUST 14

- KINDER CAMP
- CAMP EASTMAN DAY CAMPS (GRADES 1-5)
- WOODCRAFT CAMP (GRADES 6-8, SELECT OVERNIGHTS INCLUDED)
- EAST AND WEST PLAYGROUND PROGRAMS (GRADES 1-6)

Coming soon!

## CAMPER REGISTRATION

10:00 AM, APRIL 19 FOR RESIDENTS  
10:00AM, APRIL 25 FOR NON-RESIDENTS

**NEW**

COMMUNITY  
DISCOVERY CAMP  
DAILY FIELD TRIPS  
(GRADES 3-7)  
JULY 6-31 ONLY



**FREE**

Irondequoit Recreation

Ice Cream Social • Splash Pad • DJ • Kids Activities

# SPLASH INTO SUMMER

Sun's up, shoes off, summer begins!  
Step into the season and let the fun spin!

**FRIDAY, JUNE 5, 2026**

5:30-7:30 PM at Camp Eastman  
1301 Lakeshore Blvd., Rochester, NY 14617



IRONDEQUOIT  
REC

[SPECIALEVENTS@IRONDEQUOIT.GOV](mailto:SPECIALEVENTS@IRONDEQUOIT.GOV) | 585-336-6070 | [WWW.IRONDEQUOIT.GOV](http://WWW.IRONDEQUOIT.GOV)



**EYE ON IRONDEQUOIT**  
Town of Irondequoit  
Newsletter & Activity Guide  
450 Skyview Centre Parkway  
Suite 200  
Rochester, NY 14622

PRSR STD.  
US Postage  
**PAID**  
Permit No. 298  
Rochester, NY

Irondequoit Recreation

*We're Looking For*  
**Volunteers**

Volunteerism is a noble way to give back to your community while strengthening relationships and creating lasting memories. Our dedicated volunteers infuse their energy, creativity and kindness into the fabric of our programs and services all throughout the year!

Whether supporting a special event, assisting with a youth recreation or older adult engagement program, coaching or officiating a sport, or handling "behind the scenes" preparations, all of our volunteers provide invaluable contributions to the success of our various offerings.

Discover the joy of service with Irondequoit Rec! Email us for more information and start making a difference today!

*Join Us!*

[www.irondequoit.gov](http://www.irondequoit.gov)  
585-336-6070  
[specialevents@irondequoit.gov](mailto:specialevents@irondequoit.gov)

