



Fall

Newsletter & Activity Guide 2024



585-336-6070
RECREATION HEADQUARTERS



Dear Neighbor,

Can you believe we're already looking ahead to fall and winter? Thankfully, we're lucky to live in a community that brings us all together, no matter the season. Take a peek inside this Activity Guide to find some things to look forward to for the remainder of the year.

As we look back on the last few months, we are so grateful to everyone who joined in on the summer fun! With weekly farmers markets, Juneteenth and 4th of July Celebrations, Rochester Pride, the National Night Out and the Irondequoit Police Department's 100th Anniversary, and the Classic Car Cruise-In, we had such a fun summer! We are fortunate to live in a town that offers so many activities and truly prioritizes fun, collaboration, and community spirit.

I invite you and your family to enjoy the many fun-filled opportunities we have coming up because we have so many things planned for this fall! Our Recreation Department will host the Back-to-School-Bash on August 23rd. We will celebrate Halloween with trunk-or-treat at the Community Center, and get ready for milk and cookies with Santa as well as the magical tree and menorah lighting ceremony in December. Fall is also the best time to explore our beautiful



outdoor spaces, including Camp Eastman, which has been undergoing big renovations! We look forward to new spaces, an updated and fully accessible bathroom, and so much more to come over the next few years.

If you have any questions, do not hesitate to reach out at (585) 336-6034 or email me at supervisor@irondequoit.gov. My family and I look forward to seeing you and yours at the great programs coming up! Happy Fall!

Sincerely,



Andraé Evans Town Supervisor

INSIDE THE TOWN NEWS

Letter from the Supervisor	2
Notes from the Assessor's Office	3
Community Development	4
DPW Summer Tidbits.....	4-5
Library.....	18-23
Recreation	24-30

TOWN BOARD

Members:

Peter Wehner

John Perticone

Grant Malone

Ann Cunningham

Greetings from the Assessor's Office,

The 2024 Tentative Roll, the grievance process via the Board of Assessment Review (BAR), and the issuance of the 2024 Final Roll were all completed smoothly with great success. The Assessor's staff and I worked hand in hand with citizens and commercial entities, who came in for data, wanted to better understand the process, or grieved.

Each grievance received an individualized analysis using the latest sales data to ensure assessed values align with sales data using the comparable sales approach. A large driver of assessed value correlates to home condition, as per Real Property Tax Law 305.a. In instances where parcels warranted adjustments to reflect their condition, we collected data, conducted documented field inspections, and ensured there was proof to support a valuation change. Stipulations were offered where warranted, and other decreases were adjudicated by the BAR. The BAR, who works as an independent body during the grievance process, did an excellent job; I want to thank them for their time and service.

I anticipate posting the first "Did You Know" video series sometime in August. These videos will run 2-4 minutes and highlight topics of interest.

There are many misconceptions about what the Assessor and Assessor's office can and can't do. Below are some noteworthy facts:

1. The Assessor does not affect taxes or tax rates. The town levy (total tax needed to balance the budget) remains the same whether assessments stay the same, increase, or decrease.
 - a. The four components of taxation are 1- School, 2- County, 3- Town, 4- Special Districts (fire, sewer, lighting, etc).
2. For new buyers of homes, School Tax Relief Credit (STAR) Basic, and Enhanced STAR is run by New York State. To enroll, you must contact NYS at 518-457-2036 or online at www.tax.ny.gov/star
 - a. The home must be your primary residence.
3. There are many exemptions that have a hard submission date of 1 March. Examples: Veteran exemptions, Disability exemptions, Low Income Seniors, Firefighters, etc
 - a. Please call or come in around November/December of 2024 to ensure you know what needs to be filed.
 - b. It's very unfortunate when people lose much needed exemptions due to missed filing dates.

4. To prospective buyers of homes in Irondequoit, please understand that the tax rates you might see online at the Monroe County Real Property website or on the MLS listing may not be the same as what you'll be paying.
 - a. Before you make a purchase, call us at 585-336-6055 and we can help you understand what exemption may drop off or get added on to your prospective purchase.
 - b. Example: If a home is purchased by a young couple in their 30s from an elderly couple in their 80s, the 30-year-old couple will not be entitled to Enhanced STAR or low income exemptions.
 - Depending on when the sale date is complete, you may also have to pay back taxes for exemptions you were not entitled to that the previous owner had.
 - c. These exemptions can make a very big difference in the taxes owed. Again, please call us or come in so we can help you avoid surprises.

ADDITIONAL EXEMPTION INFORMATION

- If you are 65 years of age or will turn 65 in the calendar year 2025, you may be eligible for additional exemptions that offset property taxes. You may be eligible for Enhanced Star and/or the Partial Tax Exemption for Seniors (RP 467).
- If you are currently enrolled in the RP-467 (senior) exemption or RP-459 (disability) exemption, a renewal application will be mailed to you in November. There will most likely be some changes to these exemptions this coming year so please read the instructions carefully.
- If you are a veteran or the unremarried spouse of a deceased veteran, you may be eligible for an exemption. If you are a veteran with a disability rating from the VA, you may be eligible for additional savings. If your disability rating has changed recently, please make sure your most recent rating is on file with our office.
- The State of New York has consolidated all Volunteer Firefighter and Ambulance Worker exemptions into a new exemption (RP-466-a). There have been some enhancements to the exemption allowing unremarried surviving spouses to continue to receive the exemption in certain circumstances.

Enjoy Fall in Irondequoit!

Anthony Costanza, Assessor

TOWN OF IRONDEQUOIT

Office of the Fire Marshal



FALL NEWSLETTER ARTICLE

Date: 9/25/2023

With Autumn upon us and the leaves piling up around us it might sound simple to just burn your yard debris to get rid of it. The Fire Marshal's Office wants to remind you of the following regulations related to outdoor burning and recreational fires.

- Recreational and outdoor fires must only burn clean, seasoned firewood, like what would be used in an indoor fireplace, and be continuously attended.
- Recreational and outdoor fires must be a maximum of 3 feet in diameter and 2 feet in height.
- Any fire that creates a nuisance is not allowed at any time within the Town of Irondequoit. A fire becomes a nuisance when smoke and/or odors from the fire have a negative impact on other people or property.

If you have questions about these regulations, you can always call the Fire Marshal's Office at (585)336-6097.

The Fire Marshal's Office works closely with each of the Fire Departments in the Town of Irondequoit and will respond to investigate any outdoor fires reported to 911.

1280 Titus Avenue - Rochester, NY 14617
Phone: (585) 336-6097 / Fax: (585) 467-4953
Email: firemarshal@irondequoit.org

DEPARTMENT OF PUBLIC WORKS FALL TIDBITS

Leaves

Please do not rake leaves into or to the street as this can block storm sewer inlets and cause streets to flood during heavy rains or snowmelts.

Leaf Drop-Off

RESIDENTS can drop off leaves (remove leaves from plastic bags) at 2629 East Ridge Road from September 30 through December 13 from 8am – 4pm Monday-Friday and on select Saturdays, November 2, 9, 16, 23 and December 7 from 8am – 1pm. You may also contact your trash hauler for leaf disposal.

RESIDENTS only, no contractors.

Home Leaf Composting

If you don't like the idea of raking and bagging leaves just to have them dumped in a landfill, there are a few alternatives. One way is to mulch the leaves with a mulching lawnmower. Another ecological and economical way to manage fallen leaves is to compost them.

Those who choose to skip the laborious bagging task and create rich fertilizer for their own yard should consider composting at home. Composting is the decomposition of organic materials, such as leaves, grass, and food scraps, by microorganisms. The result is a recycled, soil-like material.

It's a great way to get rid of yard waste. And it's easier and cheaper than bagging it for the landfill. Compost added to soil provides essential nutrients, helps to retain water in sandy soil and breaks up heavy clay soils.

Fall Brush Pickup Schedule

Northwest Quadrant

September 16 & October 14

Southwest Quadrant

September 2, September 30 & October 28

Northeast Quadrant

September 16 & October 14

Southeast Quadrant

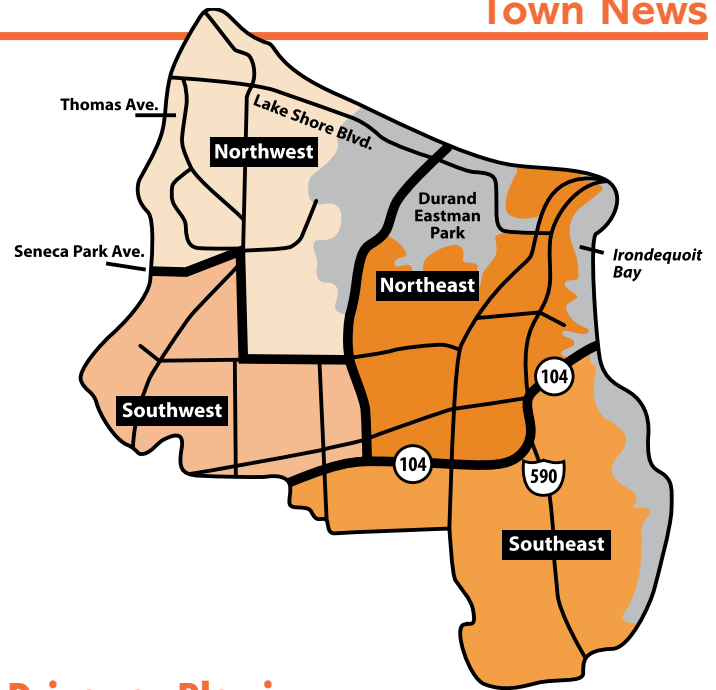
September 2, September 30 & October 28

Brush **must** be at the curb by 7:00am on the starting date of the brush pickup schedule.

Reduce your risk of Sanitary and Storm Sewer backups

A typical 2,000 square-foot roof can face almost 1,200 gallons of water during just one inch of rainfall.

Be sure to clean out both your gutters and downspouts regularly, particularly in the late fall and spring.



Driveway Plowing

When plowing driveways, snow is not to be plowed or shoveled into the road. Snow must be pushed onto private property, off the rights-of-way, and may not block the sidewalk. Residents and snowplowing contractors may not push snow onto neighboring properties. Please discuss the snowplowing requirements with your contractor.

Parking Ban

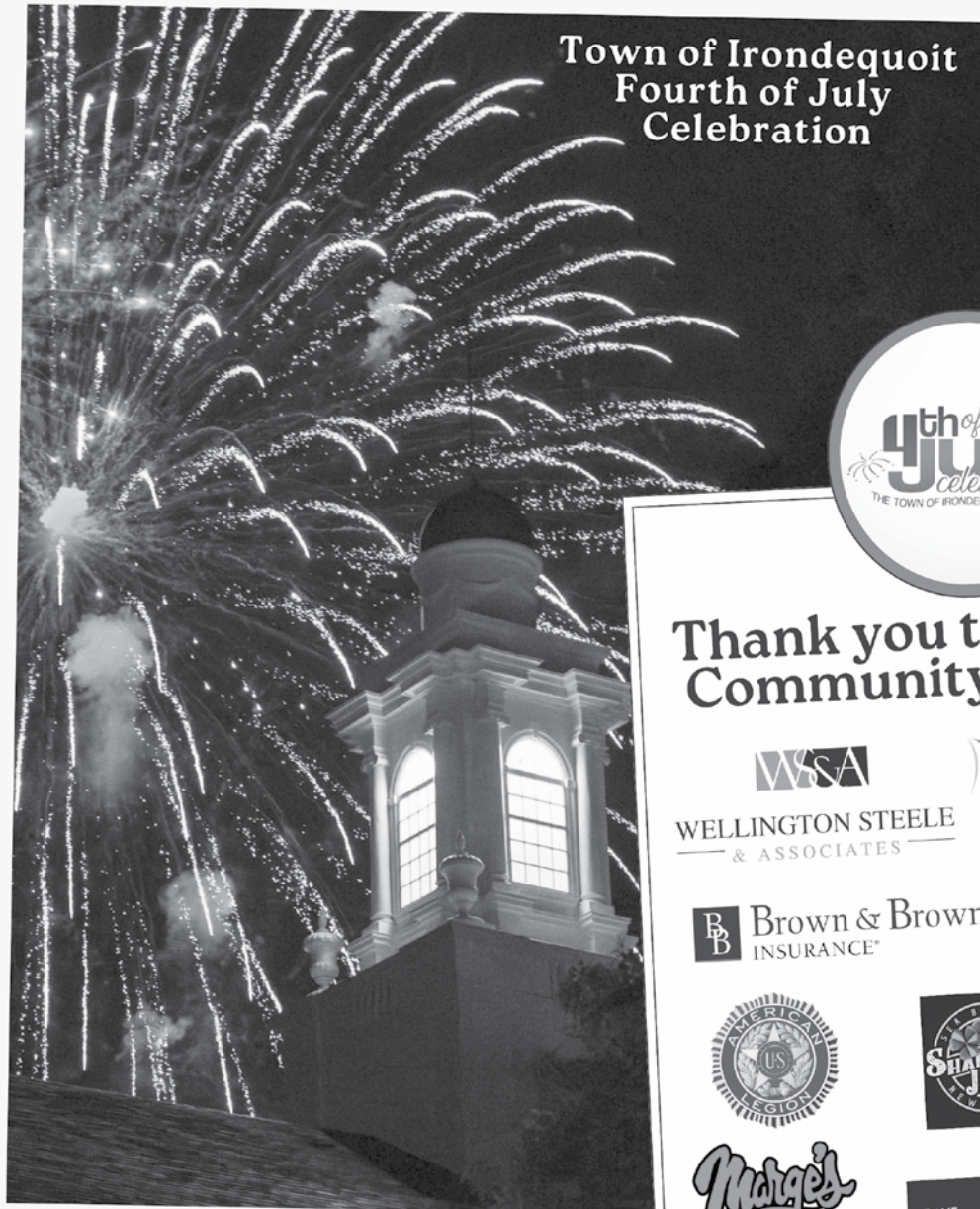
To facilitate snow plowing by **Town crews**, there is **NO overnight parking on Town streets from November 1 to April 15, between midnight and 9am**. Please keep all vehicles off the road edge and the rights-of-way. Cars parked illegally are subject to fines and towing at the owners' expense.

Sidewalk Plowing

Sidewalks on main roads and surrounding schools will be plowed first. Sidewalk snowplowing is very time consuming. We will do our best to plow the remaining sidewalks on the south and west sides of the streets, on sidewalks that are *normally* plowed, weather permitting.

Reflectors

Unfortunately, some lawn damage is inevitable when plowing, especially during major snowfalls. To minimize damage, residents may install *breakaway reflective markers* at the road edge and along the sidewalk. Markers should be at least 6 inches off the edge of the pavement or sidewalk to provide room for the top of the plow, which extends farther than the base of the plow. Please do not use metal stakes, stones, cement blocks, railroad ties, etc. as markers. These can be hazardous.



Thank you to our 2024 Community Partners!

WSSA
WELLINGTON STEELE
& ASSOCIATES

PARIS KIRWAN
ASSOCIATES, INC.
your insurance solution

B & B Brown & Brown
INSURANCE

W
WRIGHT
BEVERAGE DISTRIBUTING



STEPHENS
BROS. FARM



BACK TO SCHOOL BASH



**AUGUST 23, 2024
5:00-8:00PM**

**FOOD TRUCK
RODEO**

**OPEN
HOUSE**

**INFLATABLES
& GAMES**

**MUSIC &
MORE!**

**Get ready for the ultimate Back to School Bash
hosted by Irondequoit Recreation!**

**Join us at the Community Center
for a day of food, fun, and family activities!**

Open to all - see you there!



IRONDEQUOIT COMMUNITY CENTER
450 SKYVIEW CENTRE PKWY.,
SUITE 200, ROCHESTER, NY 14622
WWW.IRONDEQUOIT.ORG

(585) 336-6070 | SPECIALEVENTS@IRONDEQUOIT.GOV



IRONDEQUOIT Oktoberfest at the MARKET



FIRST 100 CUSTOMERS
(UNDER 18) GET FREE
ROOT BEER FLOATS!

Food | Music | Beer

FT. MARIANNA & THE BAND

THURSDAY, SEPT. 5

4 PM- DUSK

IRONDEQUOIT TOWN HALL CAMPUS
1280 TITUS AVE, ROCHESTER, NY 14617
FREE ENTRY

SWAN MARKET



GERMAN SAUSAGE & MEAT MARKET



CRAFTS, FESTIVE COMPETITIONS,
AND MORE!

TOWN OF IRONDEQUOIT
RECREATION & SPECIAL EVENTS
585-336-6070
specialevents@irondequoit.gov



THE TOWN OF IRONDEQUOIT
CELEBRATES

HISPANIC HERITAGE MONTH

SAVE THE DATE
SEPTEMBER 14, 2024
1:00-4:00 PM

TOWN HALL MARKET SHED



SISTER
LIBRARY
TEAM





Irondequoit Police Department's Annual

September 11th
Remembrance Ceremony

★ 8:46 a.m. ★

Irondequoit Town Hall
1280 Titus Avenue
Rochester, NY 14617



CC

TOWN OF IRONDEQUOIT
**MOVIE UNDER
THE STARS**

THURSDAY, AUGUST 15TH

**"WONKA"
(RATED PG)**

Following the
Irondequoit Farmers' Market.

FRIDAY, OCTOBER 4TH

**"GHOSTBUSTERS: FROZEN EMPIRE"
(RATED PG-13)**

Pre-Movie Activities
(Pay to Play): 5-7 PM.
Purchase a wristband for festive
Halloween activities, a haunted
house, and more!

Movies Begin at Dusk
Movie Admission is Free!

TOWN HALL CAMPUS GAZEBO
1280 TITUS AVE,
ROCHESTER, NY 14617

585-336-6070 | SPECIALEVENTS@IRONDEQUOIT.GOV
WWW.IRONDEQUOIT.GOV



IRONDEQUOIT
Rec

SPOOKTOBER

WITH IRONDEQUOIT RECREATION

JOIN US FOR A MONTH OF HALLOWEEN
FUN AND FESTIVITIES!

OCT.
4

ACTIVITIES: 5-7 PM
MOVIE AT DUSK

MOVIE UNDER THE STARS

ENJOY A FREE SHOWING OF 'GHOSTBUSTERS: FROZEN
EMPIRE' (RATED PG-13) AT TOWN HALL.
PURCHASE A PAY-TO-PLAY WRISTBAND TO
PARTICIPATE IN OUR FESTIVE ACTIVITIES INCLUDING A
WAGON RIDE, HAUNTED HOUSE, AND MORE!
GEARED FOR AGES 12 AND UP.

IRONDEQUOIT FARMERS' MARKET: FALL FEST

CELEBRATE OUR FINAL SUMMER MARKET WITH
STORYTIME AT THE MARKET, FALL TREATS, SEASONAL
PRODUCE, LIVE MUSIC (THE F.O.G.), AND MORE!
THIS EVENT IS FREE FOR ALL!

OCT.
10

4 PM - DUSK

TRUNK OR TREAT

JOIN US AT OUR ANNUAL TRUNK OR TREAT AT THE
IRONDEQUOIT COMMUNITY CENTER. COME IN COSTUME
AND ENJOY A SAFE AND FUN TRICK-OR-TREATING
EXPERIENCE! GEARED FOR CHILDREN UNDER 12.

OCT.
27

5:30-7:30 PM



FOR MORE INFO, PLEASE VISIT
WWW.IRONDEQUOIT.GOV
SPECIALEVENTS@IRONDEQUOIT.GOV



IRONDEQUOIT RECREATION'S

OCT. 25

5:30-7:30 PM

TRUNK OR TREAT PARTY



CALLING COMMUNITY BUSINESSES!

WE'RE LOOKING FOR
LOCAL NON-PROFITS, SCHOOLS,
BUSINESSES, AND
CHILDREN/FAMILY
CENTERED ORGANIZATIONS TO
DISTRIBUTE CANDY!



JOIN US FOR TRUNK OR TREAT
CANDY, COSTUMES, AND COMMUNITY UNITY!
GEARED FOR CHILDREN UNDER 12

BOUNCE HOUSE • KID CRAFTS • FUN GAMES

Irondequoit Recreation
450 Skyview Centre Pkwy., Suite 200
Rochester, NY 14622
specialevents@irondequoit.gov | 585-336-6073

Irondequoit Historical Society



Pioneer House and Blacksmith Shop
Located on Town Hall Campus

Hours:

- Thursday evenings during the farmers market
4:00 PM - 6:30 PM
Through September
- During Town holiday celebrations

Join the Historical Society for educational presentations at the Irondequoit Public Library! Talks take place on the first Thursday of the month, September through June.



TOWN OF IRONDEQUOIT

VETERANS DAY CEREMONY

MONDAY, NOVEMBER 11

11:00 AM

TOWN HALL FLAG POLE



Sponsored by the Irondequoit
American Legion Post #134



TOWN OF IRONDEQUOIT

Holiday Lighting Ceremony



SUNDAY, DECEMBER 1

4:00-7:00 PM

(LIGHTING AT 6:30 PM)

**TOWN HALL CAMPUS
1280 TITUS AVE,
ROCHESTER, NY 14617**



**SING-A-LONG • HOLIDAY MARKET • FOOD
& A GRINCHMAS FAMILY FUN ZONE**



**585-336-6073 | SPECIALEVENTS@IRONDEQUOIT.GOV
WWW.IRONDEQUOIT.GOV**



COOKIES with Santa

Join us at Irondequoit Recreation for a jolly good time!
Sip on warm cocoa, decorate a festive cookie, snap a photo with Santa, and enjoy a fun holiday craft.

Friday, December 6		Fee
5:30 PM - 6:30 PM		\$10RES/\$13NR
7:00 PM - 8:00 PM		\$10RES/\$13NR
Saturday, December 14		Fee
9:15 AM - 10:00 AM (Sensory Friendly)		\$10RES/\$13NR
10:15 AM - 11:00 AM (Baby's First Christmas)		\$5RES/\$8NR
12:30 PM - 1:30 PM		\$10RES/\$13NR
2:00 PM - 3:00 PM		\$10RES/\$13NR

Register at
<https://bit.ly/IrondequoitRecCatalog>

A parent or guardian must be present.
Geared for ages 2-10.



Irondequoit Recreation
450 Skyview Centre Pkwy, Suite 200
Rochester, NY 14622
585-336-6070

**FLANAGAN
MILLS** agency





IRONDEQUOIT FARMERS' MARKET

Experience the Best of Our Community's Homemade
and Homegrown Offerings, Now Year-Round!

Open Thursdays

Summer Market

May 30 - October 10

4 PM - Dusk

Winter Market - Now Weekly!

November 7 - May 22, 2025

4 PM - 7 PM

For More Information

www.irondequoit.gov | irondequoitmarket@irondequoit.gov



LIBRARY PROGRAM INFO

Hours

Monday - Thursday 10:00 am – 9:00 pm

Friday* 10:00 am – 6:00 pm

Saturday 10:00 am – 5:00 pm

Sunday 1:00 pm – 4:00 pm

*The library opens at 12:00 pm the first Friday of every month

Check our website for holiday closings



Our program schedule is subject to change. For our complete and most up-to-date program schedule, visit irondequoitlibrary.org/calendar.

For more library programs throughout the county, visit libraryweb.org/events/events-classes.

To get started with digital materials (eBooks and audiobooks), visit irondequoitlibrary.org/digital.

Follow us on Facebook, Twitter, and Instagram @IronLibrary.

At Irondequoit Public Library, we strive to promote accessibility in our collections, programs, and services. We offer a variety of accommodations to meet the needs of our patrons. To learn more, please visit irondequoitlibrary.org/accessibility. We would be happy to assist you.

Programs are generously supported by The Friends of the Irondequoit Public Library. The Friends coordinate special events to raise funds, which provide programming, library materials, and services that might not otherwise be offered for the Irondequoit Library's patrons. Interested in assisting with their fundraising and advocacy efforts? Email irondequoitlibraryfriends@gmail.com.

PROGRAMS FOR KIDS

We offer a variety of monthly programs such as Kid's Book Club, Lego Club, Maker Mondays, ASL Storytime, and more! We also offer special events during school breaks. Visit our program calendar for upcoming dates and to register: irondequoitlibrary.org/calendar

BABYTIME

Join us for lullabies, stories, rhymes, and songs for children under 2! (Older children welcome!)

Date: Mondays and Fridays, Starting September 9th

Time: Mondays 10:30 am – 11:00 am and Fridays 1 pm – 1:30 pm

Location: Children's Library **Age:** 0-2 with caregiver

STORYTIME

Join us for stories and songs at the library!

Date: Tuesdays, Starting September 10th **Time:** 10:30 am – 11:00 am

Location: Children's Library **Age:** 2-5 with caregiver



PJ STORYTIME

Join us for stories and songs at the library!

Date: Tuesdays, Starting September 10th

Time: 6:30 pm – 7:00 pm

Location: Children's Library **Age:** 2-5 with caregiver

COMMUNITY CENTER STORYTIME

Join us for stories and songs at the Community Center!

Date: Thursdays, Starting October 3rd

Time: 10:30 am – 11:00 am

Location: Community Center Preschool Room

Age: 2-5 with caregiver

MARKET STORYTIME

Join us for stories and songs at the Farmer's Market!

Date: Thursdays (Market Days only) **Time:** 5:30 pm – 6:00 pm

Location: Farmer's Market (Town Hall Lawn/Market Shed)

Age: 2-5 with caregiver

PROGRAMS FOR TWEENS AND TEENS

YOUNG WRITERS CLUB FOR TWEENS

Hang out with your friends and enjoy creative writing exercises and prompts. *Registration required.*

Sponsored by the Friends of the Irondequoit Public Library.

Date: 9/4, 10/2, 11/6, 12/4 **Time:** 4:00 pm – 5:30 pm

Location: Room 114 & 115 **Age:** 9-12

WRITE ON FOR TEENS

Spend time with your friends and have fun with creative writing prompts. *Registration required.*

Sponsored by the Friends of the Irondequoit Public Library.

Date: 9/18, 10/9, 11/20, 12/11 **Time:** 4:00 pm – 5:30 pm

Location: see calendar **Age:** 13-18



TWEEN ANIME CLUB

Join us for anime activities and fun. *Registration required.*
Sponsored by the Friends of the Irondequoit Public Library.

Date: 9/12, 10/10, 11/14, 12/12 **Time:** 4:00 pm – 5:00 pm
Location: Room 114 & 115 **Age:** 9-12

TEEN ANIME CLUB

Join us for anime activities and fun. *Registration required.*
Sponsored by the Friends of the Irondequoit Public Library.

Date: 9/19, 10/17, 11/21, 12/19 **Time:** 4:00 pm – 5:00 pm
Location: Room 114 & 115 **Age:** 13-18

FRIDAY FUN & GAMES FOR TWEENS

Drop-in after school to play video games, board games, color, work on puzzles, and hang out with your friends! Snacks will be provided. Sponsored by the Friends of the Irondequoit Public Library.

Date: 10/4, 12/6 **Time:** 3:00 pm – 5:00 pm
Location: see calendar **Age:** 9-12

FRIDAY FUN & GAMES FOR TEENS

Drop-in after school to play video games, board games, color, work on puzzles, and hang out with your friends! Snacks will be provided. Sponsored by the Friends of the Irondequoit Public Library.

Date: 10/11, 12/13 **Time:** 3:00 pm – 5:00 pm
Location: see calendar **Age:** 13-18

HORROR IN THE LIBRARY WITH CRIS JOHNSON

Horror in the Library, presented by international entertainer/educator Cris Johnson, will feature spooky subject matter, creepy magic, mind reading, audience participation, and more. The show will feature macabre magic tricks that highlight the works of Edgar Allen Poe, Bram Stoker, Stephen King, and many more. It's part Criss Angel, part Derren Brown, and is spine tingling fun!
Registration required.

Date: 10/23 **Time:** 6:00 pm – 6:50 pm
Location: Room 114 & 115 **Age:** 13 and up, adults welcome

ALTERED BOOKS WITH LAURA JACKETT

Here's your chance to destroy a perfectly good book while creating a new work of art! Laura Jackett will show you how to start with a normal hard cover book that you'll cut, glue, rip and otherwise desecrate with your artmaking. Participants will learn the basics of pop up and kaleidoscope books for use within their pages. These books may look strange and funny, but they can pack a powerful message.
Registration required.

Date: 10/30 **Time:** 4:00 pm – 5:30 pm
Location: Room 113 **Age:** 9-18

PROGRAMS FOR ADULTS

IRON BOOK GROUP

Join us for an in-person discussion of a contemporary title each month. Attend whichever session fits your schedule. New members are always welcome! No registration necessary. Titles are available across from the first-floor circulation desk for a month-long checkout in various formats. Downloadable ebook and/or audiobook copies are also available through the Libby app or Hoopla app.

The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid

Date: Tuesday, September 10, 2024 **Time:** 7:00 - 8:00PM

Date: Thursday, September 12, 2024 **Time:** 3:00 - 4:00PM

The Silent Patient by Alex Michaelides

Date: Tuesday, October 8, 2024 **Time:** 7:00 - 8:00PM

Date: Thursday, October 10, 2024 **Time:** 3:00 - 4:00PM

In the Time of Our History by Susanne Pari

Date: Tuesday, November 12, 2024 **Time:** 7:00 - 8:00PM

Date: Thursday, November 14, 2024 **Time:** 3:00 - 4:00PM

No meeting in December

CLASSIC BOOK GROUP

Join us for an in-person discussion of a classic title each month. New members always welcome! Titles are available across from the first-floor circulation desk for a month-long checkout in various formats. Downloadable ebook and/or audiobook copies are also available through the Libby app or Hoopla app.

Cranford by Elizabeth Gaskell

Date: Thursday, September 26, 2024 **Time:** 3:00 - 4:30PM

Turn of the Screw by Henry James

Date: Thursday, October 31, 2024 **Time:** 3:00 - 4:30PM

The Autobiography of Benjamin Franklin by Benjamin Franklin

Date: Thursday, November 21, 2024 **Time:** 3:00 - 4:30PM

No meeting in December

Find us on...





TEEN TECH TUTORS

Do you have a gadget that you just can't figure out? Or maybe you want to learn how to use email or Microsoft Word? Then you need the Irondequoit Library's Teen Tech Tutors! This program is drop-in only and a library card is required.

Date: Mondays, 9/9/2024, 9/16/2024, 9/23/2024, 9/30/2024, 10/7/2024, 10/14/2024, 10/21/2024, 10/28/2024, 11/4/2024, 11/11/2024, 11/18/2024, 11/25/2024, 12/2/2024, 12/9/2024, 12/16/2024, 12/23/2024

Thursdays, 9/5/2024, 9/12/2024, 9/19/2024, 9/26/2024, 10/3/2024, 10/10/2024, 10/17/2024, 10/24/2024, 10/31/2024, 11/7/2024, 11/14/2024, 11/21/2024, 12/5/2024, 12/12/2024, 12/19/2024, 12/26/2024

Time: 4:00 – 6:00 pm

DROP-IN KNITTING CIRCLE

Bring your knitting, quilting, or needlework supplies and projects along, and chat with others while you work. No registration required.

Date: Tuesdays, 9/3/2024, 9/10/2024, 9/17/2024, 9/24/2024, 10/1/2024, 10/8/2024, 10/15/2024, 10/22/2024, 10/29/2024, 11/5/2024, 11/12/2024, 11/19/2024, 11/26/2024, 12/3/2024, 12/10/2024, 12/17/2024, 12/31/2024

Time: 1:00 – 3:00 PM

TURNING 65 AND MEDICARE WITH T65 & BEYOND

Turning 65 is the easy part! Come to this educational seminar and learn about Medicare, who needs to apply for Medicare, when and how to apply, and how to avoid penalties. No plan specific information will be discussed. Registration required.

Date: Saturdays, 9/7/2024, 10/5/2024, 11/2/2024, 12/7/2024

Time: 10:30 AM

WRITTEN & READ: THE IPL ADULT WRITING GROUP

Writing can take multiple forms: stories, blogging, essays, memoirs, or poetry. Do you enjoy writing? Are you interested in giving and receiving feedback from fellow writers? Come share your enthusiasm for the written word and join the library's adult writing group. Registration required.

Date: Wednesdays, 9/25/2024, 10/30/2024, 11/20/2024

Time: 3:00 – 5:00 PM

TECHNOLOGY TALKS BY DANIEL JONES

Topic: Fake News & How to Spot It

If you're confused by your online newsfeeds, you're not alone. Attend this informative seminar to learn how to spot what's real, what's true, and what's not.

Date: September 24, 2024

Time: 6:00 – 7:30 PM

Topic: iPhone Q&A

Whether you're brand new to the iPhone or have been using one for years, you're guaranteed to learn something new.

Date: Tuesday October 15, 2024 **Time:** 6:00-7:30 PM

Topic: Google: Much More Than Search

We all use Google to look things up and to navigate our lives on the Internet, but did you know Google is much more than a search engine? Learn what else Google has to offer.

Date: Monday November 11, 2024

Time: 6:00-7:30 PM

Topic: iPad Q&A

Whether you're brand new to the iPad or have been using one for years, you're guaranteed to learn something new.

Date: Tuesday December 10, 2024

Time: 6:00-7:30 PM

THE IPL MOVIE CLUB

A film series showing new releases and old favorites. Check the library website for the current selection! No registration necessary.

Date: Monday, 09/30/24

Time: 3:00 – 5:00 PM

Date: Friday, 10/11/24

Time: 3:00 – 5:00 PM

Date: Saturday, 11/02/24

Time: 10:30 AM – 4:30 PM

Date: Wednesday, 12/04/24

Time: 10:30 AM – 4:30 PM



A DEATH CAFE: TALKING ABOUT DEATH, CELEBRATING LIFE! HOSTED BY JENNIFER SANFILIPPO

The purpose of a Death Café is to bring the taboo subject of death out into the open. A Death Café is a confidential, group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than grief support or a counseling session. Registration required.

Date: Tuesdays, 09/17/24 and 10/15/24

Time: 6:00PM - 7:30PM

STORIES THAT HAUNT US WITH JENNIFER CASE: AN ONLINE PROGRAM

Uncanny coincidences, eerie encounters, mysterious and mystical moments—we love to hear and tell about experiences we can't quite explain. In this four-session writing workshop, we'll read and discuss some spooky tales and also generate and share our own fantastic stories within the safety of a welcoming environment. All levels of writing experience are welcome. This program will be held online using a communication app/website called Zoom. Registration required for each session with an email address. Participants will receive an email with the log-in information for Zoom.

Date: Thursdays 10/03/24, 10/10/24, 10/17/24, and 10/24/24.

Time: 6:30-8:30 PM

RE-THINKING THANKSGIVING - A NATIVE AMERICAN PERSPECTIVE ON AN AMERICAN HOLIDAY WITH PERRY GROUND

Join us for an all-ages program about Thanksgiving! Perry Ground is a Turtle Clan member of the Onondaga Nation of the Haudenosaunee (Iroquois) Confederacy. Perry has been a storyteller and educator for over 25 years and enjoys working with people of all ages to teach about the history & culture of Native Peoples.

This lively presentation will give an overview of the history of this very misunderstood holiday. Learn more about the actual events of 1621 in Plymouth, the relationship between the English settlers and the Wampanoag, and how this story became the holiday we know today.

Although they were not present in Plymouth in 1621, connections to the Haudenosaunee (Iroquois) concepts of Thanksgiving will also be shared.

Date: Thursday, November 7, 2024

Time: 7:00-8:00 PM

BEAUTIFUL VISIONS: A TRAVELOGUE OF THE PACIFIC NORTHWEST WITH DAN REARDON

Enjoy the beautiful Pacific coast of Washington and Oregon. Vicariously hike around Mount Rainier, the highest volcanic peak in the contiguous United States, and learn about the 1980 Mount St. Helen's volcanic eruption. Dan's beautiful photography and great stories will make for a memorable evening! Registration requested.

Date: Monday, December 2, 2024

Time: 7:00 - 8:00 PM

Accessibility

Library programs are open and beneficial to all. We invite people with physical and/or cognitive disabilities to attend any of our activities and will strive to support individual needs. If you need accommodations to participate, please contact one of our Inclusion Coordinators, Matt Krueger and/or Amy Holland, one week prior to the program.





HOURS OF OPERATION AND CONTACT INFO.

Monday-Friday - 6:30am-8:00pm

Saturday - 8:00am-6:00pm • Sunday - 10:00am-4:00pm

**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:

September 2nd - Labor Day - Closed

November 27th - Thanksgiving Eve - Closed at 2pm

November 28th - Thanksgiving - Closed

November 29th - Day after Thanksgiving - Closed

December 24th - Christmas Eve - Closed

December 25th - Christmas - Closed

December 31st - New Year's Eve - Closed at 2pm

STAFF

Shannon Grieve - Director of Recreation

Megan Hoffman - Management Assistant

Carmen Outlaw-Mayoliz - Recreation Supervisor

Tiara Lopez - Customer Service Coordinator

Caitlyn Bailey - 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



Town of Irondequoit Recreation



YOUTH AND FAMILY

Toddler Room Free Play (Ages 6 mos.-3)

Come explore our Tot Drop room! Toddlers and their caregivers can come play together in the Tot Drop room, get a feel for the space and meet new friends. Parents must remain on site.

Fee: \$5/Session

Day/Date	Time
Sat., Sept. 21-Oct. 12	10:30-12:00pm
Mon., Oct. 7-28	4:00-5:30pm

Clash of the Crusts

Join us as we sample a slice of pie from each of the participating pizza parlors and vote for your favorite. Pizza and drink provided with the price of admission. All participants must be enrolled.

Fee: \$10Res/\$13NR

Day/Date	Time
Tue., Oct. 15	5:30-7:00pm

Spooky "Slumber" Party (Ages 5-7)

Come and enjoy a spooktacular "slumber" party with us on the turf, watch Halloween movies, and enjoy delicious snacks while wearing your favorite pajamas!

Fee: \$10Res/\$13NR

Day/Date	Time
Sun., Oct. 27	2:00-3:30pm

Outdoor Exploration (Ages 7-12)

Come explore Durand Eastman Park! We'll enjoy the trails, practice identifying plants, make new friends, and play games together!

Themes:

9/14: Teambuilding Games

9/21: Capture the Flag

9/28: Plant ID Scavenger Hunt

10/5: Forts and Shelters

10/12: Eastman Lake Trail* may extend session to accommodate a full hike.

Location: Durand Eastman Park, various meeting locations.

Fee: \$32Res./\$37NR

Day/Date	Time
Sat., Sept. 14 - Oct. 12	11:00-12:00pm

SCHOOL'S OUT, REC IS IN!

School Break Week Camps (Grades K-5)

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 and water bottle daily.

Location: Irondequoit Community Center

Day/Date	Time	Fee
All Dates	9:00am-3:30pm	\$350Res./\$357NR
Fri., Oct. 11	9:00am-3:30pm	\$40Res./\$45NR
Mon., Oct. 14	9:00am-3:30pm	\$40Res./\$45NR
Tue., Nov. 26	9:00am-3:30pm	\$40Res./\$45NR
Mon., Dec. 23	9:00am-3:30pm	\$40Res./\$45NR
Thu., Dec. 26	9:00am-3:30pm	\$40Res./\$45NR
Fri., Dec. 27	9:00am-3:30pm	\$40Res./\$45NR
Mon., Dec. 30	9:00am-3:30pm	\$40Res./\$45NR
Thu., Jan. 2	9:00am-3:30pm	\$40Res./\$45NR
Fri., Jan 3	9:00am-3:30pm	\$40Res./\$45NR
Before Care	8:00am-9:00am	\$10 Res./\$13NR
After Care	3:30pm-5:30pm	\$15 Res./\$18NR

Rec Recyclers (Ages 5-7)

Repurpose used items to give them new life! This environmentally conscious offering will educate and inspire kids to reduce, reuse and recycle!

Themes:

9/10: Plastic Piggy Bank

9/17: Jean Buckets

9/24: Shirt Tote

10/1: Sock Stuffed Animals

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

Day/Date	Time
Tue., Sept. 10-Oct. 1	5:30-6:15pm

LEGO Leaders (Ages 9-12)

Got a builder on your hands? Join us for a fun and creative new LEGO Club for boys and girls. We will explore, invent, and construct new patterns, original objects, and creatures. In addition to the LEGO action participants will enjoy games and additional activities together. LEGO Club will develop teamwork, creativity, and problem-solving techniques. Each participant will receive their own LEGO set to take home at the last session.

Fee: \$45Res/\$50NR

Day/Date	Time
Sat., Sept. 14 - Oct. 5	1:00-1:45pm



Make A Mess! (Ages 2-10)

Come make a mess with us! This class is an invitation to get messy with art supplies and science experiments. Come prepared to get your hands dirty. Although we do have smocks, we recommend wearing clothes that can get dirty and/or bringing a change of clothes for after the class.

*Parent/Caregiver assistance is required.

Themes:

9/25: Finger Painting

10/2: Slime

10/9: Foil Painting

10/16: Oil and Water Painting

10/23: Homemade Playdough

Fee: \$40Res./\$45NR/All classes

Day/Date	Time:	Age:
Wed., Sept. 25 - Oct. 23	9:30-10:15am	*2-5
Wed., Sept. 25 - Oct. 23	5:45-6:30pm	6-10

Character Creator Drawing (Ages 11-15)

Unleash your imagination! Join us for instructional drawing in the captivating style of comic book art. Learn the fundamentals to create assorted comic styles, progressing from pencils to inking and coloring. Register now and receive an art kit to kickstart your creative journey!

Fee: \$45Res/\$50NR

Day/Date	Time
Sat., Oct. 5 - 26	2:00-3:00pm

Origami Bonanza (Ages 6-9)

Show off your precise folding skills and join us for fun folding activities, making bookmarks, butterflies, and more!

Themes:

10/7: Colorful Crabs

10/21: Shark Bookmarks

10/28: Baby Butterflies

11/4: Fluorescent Flowers

Fee: \$35Res./\$40NR

Day/Date	Time
*Mon., Oct. 7-Nov.4	5:30-6:15pm
*No Class 10/14	

Crafty Kids Club (Ages 7-12)

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

Themes:

10/29: Creepy Food Art

11/5: DIY Plushy

11/12: Fall Pinecone Wreaths Part 1

11/19: Fall Pinecone Wreaths Part 2

11/26: Duct Tape Wallet

12/3: Holiday Ornaments

12/10: Lip Balm and Sugar Scrub

12/17: Gingerbread House

Fee: \$70Res./\$77NR/all classes

Day/Date	Time
Tue., Oct. 29 - Dec. 17	5:30-6:30pm

YOUTH SPORTS

Little Clippers Soccer (Ages 5-6)

Designed to provide children with the opportunity to engage in a pre-competitive and instructional program that develops both beginner and advanced athletes in the sport of soccer. Participants will learn or develop skills such as dribbling, passing, shooting, footwork, and rules of the game.

Fee: \$32Res./\$37NR

Day/Date	Time
Mon., Sept. 9-30	5:30-6:15pm

Goal Getters Soccer (Ages 7-9)

Designed to provide children with the opportunity to engage in a pre-competitive and instructional program that develops both beginner and advanced athletes in the sport of soccer. Participants will learn or develop skills such as dribbling, passing, shooting, footwork, and rules of the game.

Fee: \$32Res./\$37NR

Day/Date	Time
Wed., Sept. 11- Oct.2	5:30-6:15pm

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!

*Please Note: Parent/Caregiver assistance required.

Fee: \$55Res/\$62NR

Day/Date	Time
Wed., Oct. 2- 30	5:30-6:15pm
Sat., Oct. 5- Nov. 2	9:15-10:00am
*Wed., Nov. 13- Dec. 18	5:30-6:15pm
*Sat., Nov. 16- Dec. 21	9:15-10:00am
*No class 11/27 & 11/30	

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.

Fee: \$60Res/\$67NR

Day/Date	Time
Wed., Oct. 2- 30	6:30-7:15pm
Sat., Oct. 5- Nov. 2	10:15-11:15am
*Wed., Nov. 13- Dec. 18	6:30-7:15pm
*Sat., Nov. 16- Dec. 21	10:15-11:15am
*No class 11/27 & 11/30	

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.

Fee: \$60Res/\$67NR

Day/Date	Time
Sat., Oct. 5- Nov. 2	11:30am-12:30pm
*Sat., Nov. 16- Dec. 21	11:30am-12:30pm
*No class 11/30	

Town of Irondequoit Recreation

Girl Boss Basketball (Ages 8-13)

Join our all-girl's instructional basketball program designed for both beginners and experienced athletes. Instruction will include skill-building techniques and teamwork, with an emphasis on FUN!

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

Day/Date	Time
Sun., Oct. 6- Nov. 3	11:00am-12:00pm

Nerf Challenge (Ages 7-9)

Nerf on the turf is back! Show off those Nerf battle skills while working your way through weekly courses using air up bunkers, Nerf Blasters, and safety goggles.

Themes:

10/2: Target Practice
10/9: Spooky Obstacle Course
10/16: Civil War
10/23: Glow Wars, Game Finals

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

Day/Date	Time
Wed., Oct. 9 - 30	5:30-6:15pm

Golden Dodge Ball (Ages 7-13)

A twist on a classic! The Golden Ball is the key that will bring your team victory! Help promote team building, strategy, reflexes, and cardio. Bring a friend!

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

Day/Date	Time	Age
Tue., Dec. 3 - 17	5:30-6:15pm	7-9
Thu., Dec. 5-19	5:30-6:15pm	10-13

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	Time
Tue., Sept. 10 - Oct. 22	5:35-6:20pm
Tue., Nov. 5 - Dec. 17	5:35-6:20pm

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'll 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	Time
Tue., Sept. 10 - Oct. 22	6:25-7:10pm
Tue., Nov. 5 - Dec. 17	6:25-7:10pm

Ballet 3 (Ages 8-12)

Discover the world of advanced dance techniques! Tailored for teens eager to refine and build upon basic skills. The class will conclude with a recital on the last day. Let's elevate their dance journey to new heights!

Host: Miss Tara, Local Dance Instructor

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

Day/Date	Time
Tue., Sept. 10 - Oct. 22	7:15-8:00pm
Tue., Nov. 5 - Dec. 17	7:15-8:00pm

Ballet 2 (Ages 6-8)

Enhance your dance skills with us! This session is perfect for slightly older dancers interested in learning more advanced techniques. We'll refine and build upon basic skills, concluding with a recital on the last day of class.

Host: Miss Tara, Local Dance Instructor

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

Day/Date	Time
*Thu., Sept. 12 - Oct. 24	5:35-6:20pm
*Thu., Nov. 7 - Dec. 19	5:35-6:20pm
*No class 9/19 & 11/28	

Hip Hop/Jazz/Tumbling (Ages 6-8)

Get ready to groove and learn the fundamentals of Hip Hop! We'll dance to fun, age-appropriate pop music. Kids can showcase their new moves in a recital on the last day of class!

Host: Miss Tara, Local Dance Instructor

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

Day/Date	Time
*Thu., Sept. 12 - Oct. 24	6:25-7:10pm
*Thu., Nov. 7 - Dec. 19	6:25-7:10pm
*No class 9/19 & 11/28	

Hip Hop/Jazz/Tumbling 2 (Ages 8-12)

Calling all tweens with a passion for Hip Hop! This session is designed for those eager to explore more advanced dance techniques. We will refine and build upon basic skills, culminating in a recital on the last day of class.

Host: Miss Tara, Local Dance Instructor

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

Day/Date	Time
*Thu., Sept. 12 - Oct. 24	7:15-8:00pm
*Thu., Nov. 7 - Dec. 19	7:15-8:00pm
*No class 9/19 & 11/28	



MARTIAL ARTS

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

Fall Sessions

Day/Date	Time	Level
Sat., Sept. 14-Nov. 16	9:00-9:45am	Level 1
Sat., Sept. 14-Nov. 16	10:00-10:45am	Level 2*
* No Class on Oct. 12th		
*Level 2 students are at the recommendation of the instructor.		

Winter Sessions

Day/Date	Time	Level
Sat., Dec. 7-Feb. 8	9:00-9:45am	Level 1
Sat., Dec. 7-Feb. 8	10:00-10:45am	Level 2*
* No Class on Dec. 28th		
*Level 2 students are at the recommendation of the instructor.		

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

Fall Sessions

Day/Date	Time
Sat., Sept. 14-Nov. 16	10:15-11:00am
Sat., Sept. 14-Nov. 16	11:15am-12:00pm
*No Class on Oct. 12th	

Winter Sessions

Day/Date	Time
Sat., Dec. 7-Feb. 8	10:15-11:00am
Sat., Dec. 7-Feb. 8	11:15am-12:00pm
*No Class on Dec. 28th	



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 September	\$90	6:00-7:00pm
Tuesdays in October	\$90	6:00-7:00pm
Tuesdays in November	\$90	6:00-7:00pm
Tuesdays in December	\$90	6:00-7:00pm

Saturday Mornings

Day/Date	Fee	Time
Saturdays in September	\$90	9:00-10:00am
Saturdays in October	\$90	9:00-10:00am
Saturdays in November	\$90	9:00-10:00am
Saturdays in December	\$90	9:00-10:00am

Tuesday/Saturday Combo Option

Day/Date	Fee
Saturdays & Tuesdays in September	\$124
Saturdays & Tuesdays in October	\$124
Saturdays & Tuesdays in November	\$124
Saturdays & Tuesdays in December	\$124

Women's Self-Protection Class (Ages 14+)

This self-protection program provides students with a principal-based program that allows them to quickly become effective when dealing with violence regardless of their age, sex, size or skill. The class is taught at a very slow and safe pace to prevent injury and is adaptable to any age range, starting at age 14. Gain the knowledge and physical mechanics to keep yourself safe!

Instructor: Strike Back Martial Arts LLC.

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

Day/Date	Time
Thur., Oct. 2&9	6:30-8:00pm



Town of Irondequoit Recreation

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 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 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

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 September	7:00-8:00pm
Tuesdays in October	7:00-8:00pm
Tuesdays in November	7:00-8:00pm
Tuesdays in December	7:00-8:00pm

Tiny Panthers: Kids Karate (Ages 4-6)

Join our program to develop essential life skills while having fun! Encouraging consistent behavior, respect, and politeness. Kids will enhance coordination, strength and learn basic martial arts techniques. We'll also focus on fostering a positive attitude. Please wear loose-fitting clothing for comfortable movement.

Host: Shihan Randy Crudup, 5th Degree Black Belt, and Sensei Brenda Pickett, 4th Degree Black Belt

Location: Crudup's Karate Academy, 375 Helendale Rd.

Fee: \$30 Res./\$37NR (*Dec. only \$22.50Res./\$29.50NR)

Day/Date	Time
Sat., Sept. 7 - 28	10:00-10:30am
Sat., Oct. 5 - 26	10:00-10:30am
Sat., Nov. 2 - 23	10:00-10:30am
Sat., Dec. 7 - 21	10:00-10:30am*

Panthers: Kids Karate (Ages 7-12)

Empower your kids with valuable skills! Learn anti-bullying lessons, self-discipline, and respect through the Tiakawa Martial Arts system. Please wear loose-fitting clothing for comfortable practice.

Host: Shihan Randy Crudup, 5th Degree Black Belt & Sensei Brenda Pickett, 4th Degree Black Belt

Location: Crudup's Karate Academy, 375 Helendale Rd.

Fee: \$30 Res./\$37NR (*Dec. only \$22.50Res./ \$29.50NR)

Day/Date	Time
Sat., Sept. 7 - 28	10:00-10:30am
Sat., Oct. 5 - 26	10:00-10:30am
Sat., Nov. 2 - 23	10:00-10:30am
Sat., Dec. 7 - 21	10:00-10:30am*

ADULT/SENIOR

Intro to Pickleball Lessons (Ages 18+)

Join the fastest growing sport in America. Pickleball provides fun, fitness and friendship. Get started now on your pickleball journey and experience what all your friends are talking about.

Host: Bob Stokes, Certified Coach

Location: Irondequoit Community Center

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

Day/Date	Time
Sun., Sept. 8-29	12:30-2:00pm
Sun., Oct. 6-27	12:30-2:00pm
Sun., Nov. 3-24	12:30-2:00pm
Sun., Dec. 8-29	12:30-2:00pm

Intermediate Pickleball Lessons (Ages 18+)

Take your game to the next level! Class will consist of a series of drills, practice, and game implementation. Skills that will be covered include: dinks, lets, and lobs, game strategy and more!

Host: Bob Stokes, Certified Coach

Location: Irondequoit Community Center

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

Day/Date	Time
Sun., Sept. 8-29	2:00-3:30pm
Sun., Oct. 6-27	2:00-3:30pm
Sun., Nov. 3-24	2:00-3:30pm
Sun., Dec. 8-29	2:00-3:30pm



Town of Irondequoit Recreation

Driver Safety-AARP Smart Driving Course

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 55 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you 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

Location: Irondequoit Community Center

Registration: Min 10/Max 25

Day/Date	Time
Mon., Aug. 19	8:30am-3:00pm
Mon., Sept. 16	8:30am-3:00pm
Mon., Sept. 30	8:30am-3:00pm
Mon., Oct. 7	8:30am-3:00pm
Mon., Oct. 21	8:30am-3:00pm
Mon., Nov. 4	8:30am-3:00pm
Mon., Nov. 18	8:30am-3:00pm
Mon., Dec. 2	8:30am-3:00pm
Mon., Dec. 16	8:30am-3:00pm

Halloween and Fall Wreath-Making Class 16+

Get into the seasonal spirit with our Halloween and Fall Wreath-Making Class! Join us for a fun and creative workshop where you'll learn to design and craft your own festive wreaths. Perfect for adding a touch of autumn charm or spooky flair to your home. Supplies Included.

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

Day/Date	Time
Thu., Sept. 26	5:30-6:30pm

Senior Masquerade Ball (Ages 55+)

Step into an enchanting afternoon of elegance and mystery at our Senior Masquerade Ball! Put on your finest attire and a dazzling mask, and join us for music, dancing, and delightful company. Light refreshments provided, and prizes will be awarded for the best masks. Don't miss out on this magical event—come and experience the charm and excitement of the masquerade!

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

Day/Date	Time
Thu., Oct. 17	1:45-3:45pm

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!

Location: Various Locations

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

Day/Date	Time
*Wed., Oct. 23 - Dec. 18	9:30-10:30am
*No walk 11/27	

Cornhole League (Adult 18+)

Join us for our indoor Cornhole! Create a team with a friend and try to win it all! All Cornhole teams are two people with no subs. We play on our regulation size boards. Each team will play weekly, adding up wins towards the Irondequoit Rec Cup.

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

Day/Date	Time
Fri., Nov. 1-22	6:00-7:45pm

The Art of Crafting for Adults (Ages 16+)

Unleash your crafty side and bring those Pinterest ideas to life! Discover your inner artist and show off your own unique masterpiece as we dive into a new theme each week!

Themes:

12/4- Clothespin Wreath

12/11- Glass Painting

12/18- Holiday Candy Sleigh

Fee: \$30Res/\$35NR

Day/Date	Time
Wed., Dec. 4 - 18	6:00-7:30pm

Senior Holiday Gathering (Ages 55+)

Join us for a joyous holiday party! Enjoy a delicious lunch, cookie decorating, holiday tunes, and spread some holiday cheer.

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

Day/Date	Time
Fri., Dec. 20	11:30am-1:30pm

Elvis's Sock Hop Birthday Bash (Ages 55+)

Dust off your blue suede shoes and join us for friends, music & treats galore (featuring Elvis's signature peanut butter, banana, and bacon sandwich)! Dance the day away while we relive the magic of the King of Rock and Roll together! Don't be cruel, register today!

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

Day/Date	Time
Thu., Jan. 9	11:30am-1:30pm

"An Apple A Day" (Ages 55+)

Experience a fun-filled adventure to the Apple Farm with us! We provide the ride, and you pay for what you pick. Enjoy complimentary doughnuts and cider. Space is limited-reserve your seat now!

Location: Green Acres Farm

Fee: Free

Day/Date	Time
Tue., Sept. 10	12:30-2:30pm
Thu., Sept. 26	12:30-2:30pm

Find us on...



Town of Irondequoit Recreation

Cheese, Sip & Shop Social (Ages 50+)

Join us for a delightful outing featuring cheese tasting paired with a variety of beverages, perfect for those who appreciate fine flavors and good company. Afterward, we'll head to the Waterloo Outlets for some shopping. Whether you buy or just browse, it's sure to be a great outing. Transportation is included.

Location: Muranda Cheese Company, Waterloo, New York/ Waterloo Outlets

Fee: \$30Res./\$35NR

Day/Date	Time
Thu., Sept. 19	9:30am-5:00pm

Out to Lunch (Ages 50+)

Join us as we take a break from life and enjoy lunch. We will be visiting restaurants in and around the Rochester area. You are responsible for your lunch fee, we will cover transportation and reservations.

Locations:

10/18- Slayton Place- Spencerport

11/15- Uncle Danny's Restaurant - Irondequoit

12/13- Simply Crepes Kitchen- Webster

Fee: Free

Day/Date	Time
Fri., Oct. 18, Nov. 15, Dec. 13	11:00am-2:00 pm



To inquire on the status of our Lunch Club 60, as well as other events offered by the Senior Division, please call our Office at 336-6070 prior to stopping by.

Lunch Club 60
Transportation
now available for
Irondequoit Residents
on select days.



Lunch Club 60

Daily Lunch: Lunch is served Monday-Friday at approximately 11:45am 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 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 \$.50 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 \$6.00 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 12:15-1:15pm, **Ally Miller, Nutrition Educator**, from the Cornell Cooperative Extension - 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.



SENIOR LUNCH CLUB 60 TRANSPORTATION

About Us:

Irondequoit Recreation now provides free round-trip (wheelchair accessible) transportation to senior citizens from their home to Lunch Club 60 at The Irondequoit Community Center, several days per week.

To make a reservation for lunch & transportation, please call us.



585-336-6070



450 Skyview Centre Pkwy.,
Suite 200, Rochester, NY 14622



<https://recreation.irondequoit.gov>

Our Services:

- Must be a resident of Irondequoit.
- Free round-trip transportation available Tuesday & Thursdays (offerings will expand at a future date).
- Must be registered for Lunch Club 60 and scheduled to participate on requested transportation days.
- Rides provided on first-come, first-served basis and may be scheduled up to a week in advance. No rides scheduled for same-day service. Call ahead!
- Bingo now offered 5 days per week.



IRONDEQUOIT COMMUNITY CENTER

IRONDEQUOIT
REC

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)	FEE 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)	FEE 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%

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-only 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 opens on the 15th of each month (ie: register for March classes starting on February 15th).

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



Creating Community,
Enhancing Health,
Inspiring Play



GROUP EXERCISE

Registration and Pricing for Group Exercise Classes:

Class Registration = \$6 per class date

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

Registration for the upcoming months' classes opens on the 15th of each month
(ie: register for January classes starting on December 15th).

Registration can be done online, in person, and/or over the phone.

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

CLASSES FOR AGES 14+

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 ages.

PUMPED UP STRENGTH

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

Room: Exercise Studio

Day	Time	
Sundays	10:15-10:45am	
Month	Num. of Classes	ClassExceptions
September	5	0
October	3	10/6
November	4	0
December	5	0

POUND

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! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to rockstars of all ages and abilities.

Host: Becca Watro

Room: Exercise Studio

Day			Time
Sundays			11:00-11:45am
Month	Num. of Classes	Class	Exceptions
September	5		0
October	3		10/6
November	4		0
December	5		0
Thursdays			7:30-8:00pm
Month	Num. of Classes	Class	Exceptions
September	4		0
October	4		10/31
November	3		11/28
December	3		12/26

Active Training 55+

Active Training 55+ is tailored towards the active person 55+, 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-Devins

Room: Exercise Studio

Day	Time	
Mondays	9:15-10:15am	
Month	Num. of Classes	ClassExceptions
September	4	9/2
October	4	0
November	4	0
December	5	0

Silver Sneaker CLASSIC

Have fun and move to the 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-Devins

Room: Exercise Studio

Day		Time
Mondays		10:30-11:30am
Month	Num. of Classes	ClassExceptions
September	4	9/2
October	4	0
November	4	0
December	5	0
Day		Time
Fridays		10:30-11:30am
Month	Num. of Classes	ClassExceptions
September	4	0
October	4	0
November	4	11/29
December	4	0

Find us on...



GROUP EXERCISE

Chair YOGA

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-Devins

Room: Exercise Studio

Day	Time
Mondays	11:45am-12:45pm

Month	Num. of Classes	Class Exceptions
September	4	9/2
October	4	0
November	4	0
December	5	0

Day	Time
Wednesdays	11:45am-12:45pm

Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	4	0
December	3	12/25

Day	Time
Wednesdays	5:00-6:00pm

Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	3	11/27
December	3	12/25

Circuit

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

Room: Exercise Studio

Day	Time
Mondays	5:30-6:15pm

Month	Num. of Classes	Class Exceptions
September	4	9/2
October	4	0
November	4	0
December	5	0



Town of Irondequoit Recreation

POMSQUAD

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 and every class.

Host: Becca Watro

Room: Exercise Studio

Day	Time
Mondays	6:30-7:15pm

Month	Num. of Classes	Class Exceptions
September	4	9/2
October	3	10/7
November	4	0
December	4	12/23

Yoga

A beginner to 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. It will also help to stimulate your digestion, circulation, mental clarity, and positive outlook. Please bring a yoga mat and water bottle.

Host: Carol Lang

Room: Exercise Studio

Day	Time
Tuesdays	8:00-9:00am

Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	4	0
December	3	12/3, 12/24

ZUMBA GOLD

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

Room: Exercise Studio

Day	Time
Tuesdays	9:45-10:30am

Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	4	0
December	4	12/24

Day	Time
Thursdays	9:45-10:30am

Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	3	11/28
December	4	0

Motion Promotion

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		10:15-11:15am
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	4	0
December	3	12/3, 12/24

Day		Time
Thursdays		10:15-11:15am
Month	Num. of Classes	ClassExceptions
September	4	0
October	5	0
November	3	11/28
December	3	12/5

Day		Time
Thursdays		11:30am-12:30pm
Month	Num. of Classes	ClassExceptions
September	4	0
October	5	0
November	3	11/28
December	3	12/5

Silver Sneaker CLASSIC

Have fun and move to the 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: Amy Cuomo-Oberst

Room: Exercise Studio

Day		Time
Tuesdays		10:45-11:45am
Month	Num. of Classes	ClassExceptions
September	4	0
October	5	0
November	4	0
December	4	12/24

Rise and Shine Cardio Dance

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 need of anyone's fitness level and help you reach that healthy, active lifestyle you desire.

Instructor: Samantha Richards

Room: Exercise Studio

Day		Time
Wednesdays		8:30-9:30am
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	4	0
December	3	12/25

Level 1 YOGA

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

Room: Exercise Studio (Wed PM class Seneca Rm)

Day		Time
Wednesdays		10:30-11:30am
Month	Num. of Classes	ClassExceptions
September	4	0
October	5	0
November	4	0
December	3	12/25

Day		Time
Fridays		9:15am-10:15am
Month	Num. of Classes	Class Exceptions
September	4	0
October	4	0
November	4	11/29
December	4	0

Restorative Yoga

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

Room: Seneca Room

Day		Time
Wednesdays		6:30pm-7:30pm
Month	Num. of Classes	ClassExceptions
September	3	9/18
October	5	0
November	3	11/27
December	3	12/25

GROUP EXERCISE

Town of Irondequoit Recreation

ZUMBA

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

Room: Exercise Studio

Day		Time
Wednesdays		6:15-7:00pm
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	3	11/27
December	3	12/25

Day		Time
Saturdays		10:45-11:30am
Month	Num. of Classes	Class Exceptions
September	3	9/7
October	4	0
November	5	0
December	4	0

Yoga & Meditation

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

Room: Exercise Studio

Day		Time
Thursdays		8:00 – 9:00am
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	3	11/28
December	4	0

Silver Sneaker CIRCUIT

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 SilverSneakers® ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching, and relaxation exercises.

Host: Amy Cuomo-Oberst

Room: Exercise Studio

Day	Time	
Thursdays	10:45-11:45am	
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	3	11/28
December	4	0

Cardio Dance

Join this exhilarating cardio dance class and dance away your stress all while getting in a great workout. The workout is driven by current radio hits and easy to follow dance moves designed to tone and sculpt your body while burning calories.

Host: Samantha Richards

Room: Exercise Studio

Day	Time	
Thursdays	6:30-7:15pm	
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	3	11/28
December	4	0

Body Conditioning

Body conditioning is 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

Room: Exercise Studio

Day		Time
Fridays		11:45am-12:45pm
Month	Num. of Classes	Class Exceptions
September	4	0
October	4	0
November	4	11/29
December	4	0

Level 2 Yoga

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

Room: Exercise Studio

Day		Time
Saturdays		9:30-10:30am
Month	Num. of Classes	Class Exceptions
September	4	0
October	4	0
November	5	0
December	4	0

SMALL GROUP TRAINING

REGISTRATION AND PRICING FOR SMALL GROUP TRAINING CLASSES

Pricing Structure:

- Resident (program meeting 1x per week):
 - o 3-week Session = \$75
 - o 4-week Session = \$100
 - o 5-week Session = \$125
- Non-Resident (program meeting 1x per week):
 - o 3-week Session = \$85
 - o 4-week Session = \$110
 - o 5-week Session = \$135



Registration for the upcoming months' small group training program(s) opens on the 15th of each month (ie: register for January classes starting on December 15th)

Registration can be done online, in person, and/or over the phone.

Both cancellation and refund policies for small group training programs follow that of our regular program offerings (see Registration Information page).

Small Group YOGA Progression:

This small group training program is designed for individuals who would like to learn to transfer Yoga poses safely from the chair onto the mat. Anja will help all participants transform their Yoga practice by teaching them how to use props and modifications to make traditional Yoga safe, accessible, and fun.

Trainer: Anja Jabs-Devins

Day		Time
Tuesdays		1:00-2:00PM
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	4	0
December	4	12/24

Small Group TRX:

TRX Small group training will train your entire body. You will be working with the TOTAL RESISTANCE EXERCISE (TRX) band for 60 min once a week for a month, learning to balance your body, strengthening your core muscles and improving your overall body strength and flexibility.

Trainer: Anja Jabs-Devins

Day		Time
Saturdays		11:45AM-12:45PM
Month	Num. of Classes	Class Exceptions
September	4	0
October	4	0
November	5	0
December	4	0

Introduction to the Fitness Center:

This small group training program is designed for individuals who would like to learn to work out safely and productively in the Fitness Center. You and a friend will be guided and trained to adjust the machine settings and apply the correct weight for your individualized workout. Each week will include practice and review.

Trainer: Anja Jabs-Devins

Time: 30 min increments

Pricing Structure:

- Resident (program meeting 1x per week):
 - o 3-week Session = \$45
 - o 4-week Session = \$60
 - o 5-week session = \$75
- Non-Resident (program meeting 1x per week):
 - o 3-week Session = \$55
 - o 4-week Session = \$70
 - o 5-week session = \$85

Day		Time
Tuesdays		2:15-2:45PM 3:00-3:30PM
Month	Num. of Classes	Class Exceptions
September	4	0
October	5	0
November	4	0
December	3	12/24, 12/31



**Save time!
Register online!**

Visit recreation.irondequoit.gov

Seniors! Join us for
"Lunch Club 60"
Mon.-Fri.
Transportation
available on
select dates

Rent meeting
rooms and the
gym/turf for
parties and
gatherings

Resident Access
Passes are free
to Irondequoit
residents

Walking path =
1/15 of a mile
(strollers
permitted)

COMMUNITY CENTER DID YOU KNOW?

Game Room
with multiple
amenities

Open Turf/
Gym time
available for
all ages

We offer break
camps, holiday
events, and more

State of the Art
Fitness Center
available

Borrow mobility
devices from our
Loan Closet



**Irondequoit
Community
Center**

450 Skyview Centre Pkwy., Suite 200
Rochester, NY 14622

For More Information
585-336-6070
recreation@irondequoit.gov





Irondequoit
RECREATION

585.336.6070

RECREATION.IRONDEQUOIT.GOV



Insurance-Based Memberships

QUALIFYING INSURANCE COMPANIES ARE

2

MVP

4

UNITED
HEALTH CARE

1

AARP

3

EXCELLUS

5

AETNA

INSURANCE-BASED MEMBERSHIPS EXPIRE ON DECEMBER 31
AND MUST BE RENEWED ANNUALLY ON OR AFTER JANUARY 1

DON'T SEE YOUR INSURANCE COMPANY LISTED?
PLEASE REACH OUT TO OUR OFFICE: 336.6070

TO FIND OUT IF YOUR INSURANCE PLAN WILL COVER YOUR MEMBERSHIP,
PLEASE CALL YOUR INSURANCE PROVIDER



COMMUNITY CENTER RENTALS

**RENTALS BOOKING
NOW THROUGH
DECEMBER 2024**

COMMUNITY ROOMS | GYM |
TURF | DINING ROOM
(KITCHEN ADD ON)

For more information call 336-6070



CABIN & LODGE RENTALS

Located near Durand Eastman Park on Lakeshore Blvd., Camp Eastman is a wooded park area with modern lodges and cabins available to rent. The park provides a relaxed setting for family gatherings, company picnics, team building retreats, and other important events. The park also includes a playground and a spray park (available in the summer). For more information or to book your event call our Recreation offices at (585) 336-6070.

THERE ARE 5 LODGES/CABINS AVAILABLE FOR RENT

KUSAK LODGE

Seating Capacity: 70 **Holiday Rate:** \$250/Res., \$285/Non-Res.
Hours/Pricing:

10:00am-9:45pm: \$205/resident & \$240/non-resident	Sunday-Saturday
9:00am-3:00pm: \$175/resident & \$210/non-resident	Monday-Thursday
4:30-9:45pm: \$155/resident & \$190/non-resident	Monday-Thursday
4:30-9:45pm: \$180/resident & \$215/non-resident	Friday

W.H. SPIES, JR. CONFERENCE CENTER

Seating Capacity: 80 **Holiday Rate:** \$250/Res., \$285/Non-Res.
Hours/Pricing:

10:00am-9:45pm: \$205/resident & \$240/non-resident	Sunday-Saturday
9:00am-3:00pm: \$175/resident & \$210/non-resident	Monday-Thursday
4:30-9:45pm: \$155/resident & \$190/non-resident	Monday-Thursday
4:30-9:45pm: \$180/resident & \$215/non-resident	Friday

VETERANS CABIN • KIWANIS CABIN ROTARY CABIN

Seating Capacity: 60 **Holiday Rate:** \$240/Res., \$275/Non-Res.
Hours/Pricing:

10:00am-9:45pm: \$185/resident & \$220/non-resident	Sunday-Saturday
9:00am-3:00pm: \$155/resident & \$190/non-resident	Monday-Thursday
4:30-9:45pm: \$135/resident & \$175/non-resident	Monday-Thursday
4:30-9:45pm: \$160/resident & \$195/non-resident	Friday

AMENITIES

All cabins and lodges are available year-round and are equipped with a service kitchen including full size stove, microwave, refrigerator with freezer, inside restroom(s), tables and chairs, gas heat, picnic tables and charcoal grills.

HOLIDAYS

Camp Eastman is not open Easter Sunday, Thanksgiving Eve, Christmas Eve, Christmas Day and New Year's Eve. All other Holidays: See rate listed above by each building.

CANCELLATION POLICY

\$35 processing fee; cancellations must be requested in writing 21+ days prior to rental. Recreation@irondequoit.gov

SECURITY DEPOSIT

Refundable \$50 security deposit is due when making rental reservation. Deposit returned if cabin is left in good condition and rules are followed.

All facilities may be rented 365 days in advance!





EYE ON IRONDEQUOIT
Town of Irondequoit
Newsletter & Activity Guide
450 Skyview Centre Pkwy.
Suite 200

PRSRT STD.
US Postage
PAID
Permit No. 298
Rochester, NY

Fall into Fun...



ICC Trunk or Treat
October 25



Irondequoit Farmers' Market
Thursdays, Year-Round



Movie Under the Stars
August 15 & October 4



Annual Holiday Lighting
December 1

For more information, visit:
<https://secure.rec1.com/NY/irondequoit-ny/catalog>
or call 585-336-6070

For Everyone!

