



Winter & Spring

Newsletter &
Activity Guide 2025



585-336-6070
RECREATION HEADQUARTERS



Dear Friend and Neighbor,

As we bid farewell to the vibrant colors of fall and embrace the crisp chill of winter, Irondequoit transforms into a community alive with joy, connection, and excitement. This past year has been extraordinary for our town: we celebrated 100 years of the Irondequoit Police Department, the 50th anniversary of our cherished 4th of July Celebration, and came together to witness the awe-inspiring total solar eclipse. These milestones reflect the strength, pride, and spirit that make Irondequoit truly a town for a lifetime.

With the holiday season upon us, it's the perfect time to reflect on all we've shared and to look ahead with hope and excitement. Our Recreation Department has planned a fantastic lineup of winter activities to keep you and your family engaged, and at the heart of it all is Winterfest, Irondequoit's second-largest event of the year! This beloved celebration on February 8 will feature exciting outdoor activities, delicious food trucks, a Makers Market showcasing local artisans, games, and much more.

For those who love the outdoors, Irondequoit's parks offer perfect spots for sledding, snowshoeing, or enjoying peaceful winter hikes. If you prefer to stay indoors, the Irondequoit Public Library provides a welcoming space to explore books, attend engaging programs, or spend quality time with friends and family.

Whether you're exploring snowy trails, participating in a holiday craft at the community center, browsing the year-round Farmers Market, or joining neighbors



at Winterfest, there's something for everyone to enjoy this season.

As we celebrate the milestones we've achieved together and look forward to the possibilities ahead, let's continue to cherish the traditions, connections, and experiences that make our community so special. If you have any questions or need more information about Winterfest or other upcoming activities, please contact the Recreation Department at (585) 336-6070. For any other inquiries, feel free to reach out to me directly at (585) 336-6034 or email supervisor@irondequoit.gov. I wish you and your family a warm, joyful, and memorable winter season and a very Happy New Year!

Sincerely,



Andraé Evans, Town Supervisor

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TOWN BOARD

Members:

Peter Wehner

John Perticone

Grant Malone

Ann Cunningham



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:

Wednesday, January 1st - Closed (New Year's Day)

Sunday, April 20th - Closed (Easter)

Sunday, May 11th - Closed (Mother's Day)

Sunday, May 25th - Close at 2pm (Memorial Day Parade)

Monday, May 26th - Closed (Memorial Day)

Sunday, June 15th - Closed (Father's Day)

STAFF

Shannon Grieve – Director of Recreation

Megan Hoffman – Management Assistant

Carmen Outlaw-Mayoliz – Recreation Supervisor

Chris Chavez - Recreation Supervisor

Tiara Lopez – Customer Service/Marketing

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





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	9:00 AM-3:30 PM	\$425Res./\$432NR
Mon., Jan. 20	9:00 AM-3:30 PM	\$40Res./\$45NR
Mon., Feb. 17	9:00 AM-3:30 PM	\$40Res./\$45NR
Tue., Feb. 18	9:00 AM-3:30 PM	\$40Res./\$45NR
Wed., Feb. 19	9:00 AM-3:30 PM	\$40Res./\$45NR
Thu., Feb. 20	9:00 AM-3:30 PM	\$40Res./\$45NR
Fri., Feb. 21	9:00 AM-3:30 PM	\$40Res./\$45NR
Mon., Apr. 14	9:00 AM-3:30 PM	\$40Res./\$45NR
Tue., Apr. 15	9:00 AM-3:30 PM	\$40Res./\$45NR
Wed., Apr. 16	9:00 AM-3:30 PM	\$40Res./\$45NR
Thu., Apr. 17	9:00 AM-3:30 PM	\$40Res./\$45NR
Fri., Apr. 18	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 (Ages 5-12)

Need a night off? Drop the kiddos 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: \$15Res./\$18NR per session

Day/Date	Time
Fri., Jan. 17	6:30-8:30 PM
Fri., Feb. 7	6:30-8:30 PM
Fri., Mar. 14	6:30-8:30 PM
Fri., Apr. 11	6:30-8:30 PM
Fri., May 23	6:30-8:30 PM





Easter Bunny Breakfast & Egg Hunt (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.

*Parent/Caregiver assistance required.

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

Day/Date:

Sun., Apr. 13

Time:

9:00-11:00 AM



Mother's Day Tea Party (All Ages)

Join us for a delightful celebration honoring the special mother figures in your life! Dress your best and enjoy a selection of teas, coffees, hot chocolate, and an assortment of delicious desserts. Create lasting memories together by making a special craft. A perfect way to celebrate and enjoy quality time! Please register each person attending.

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

Day/Date

Sat., May 10

Time

12:00-1:30 PM

Anime Movie Club (10-16)

Are you an anime enthusiast or simply curious to dive into the world of stunning animation, epic storylines, and fascinating characters? Join us for a captivating cinematic journey into some of the most popular and critically acclaimed anime films! Refreshments provided!

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

Day/Date

Sat., Jan. 4-25

Time

2:00-4:00 PM

PreK Story Adventures (Ages 2-5)

Come meet new friends as we read stories, sing songs, play games, and create crafts! Designed to give toddler and preschool-aged children a chance to socialize, practice new skills, and have fun with their peers and caregivers.

*Parent/Caregiver assistance required.

Themes:

January: Snow People, Hibernation, Snow & Ice, Winter Birds

February: Groundhog Day, Valentine's Day, Animal Tracks

March: Caterpillars, Seeds & Gardens, Frogs & Toads, Rain

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

Day/Date

Tue., Jan. 7-28

Time

9:30-10:15 AM

*Thur., Feb. 6-Mar. 6

9:30-10:15 AM

Tue., Mar. 4-25

9:30-10:15 AM

*No class Feb. 20

Disney Night (Ages 6-10)

Come dressed up as your favorite Disney Character and explore a magical night while playing fun games, enjoying magical snacks and more!

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

Day/Date:

Fri., Jan. 31

Time

5:30-7:30 PM

Girl Power Club! (Ages 8-12)

This one's for the girls! Join us as we celebrate positivity and camaraderie through interactive games, creative crafts, and more. Develop new friendships while strengthening the old!

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

Day/Date

Sat., Feb. 1, Mar. 1, Apr. 12, May 24

Time

12:00-2:00 PM

Understanding Comics (Ages 10-15)

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.

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

Day/Date

Sat., Feb. 1-Mar. 8

Time

2:00-3:00 PM



We reserve the right to reschedule/cancel a program w/ 48 hours notice.

Town of Irondequoit Recreation

Crafty Kids Club (Ages 7-12)

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

Themes:

Winter Session

- 2/5 Bracelet Weave Key Chain
- 2/12 Stained Glass
- 2/26 Ferris Wheel Photo Holder Part 1
- 3/5 Ferris Wheel Photo Holder Part 2
- 3/12 Mystery Craft Pick
- 3/19 Hydrangea Flower
- 3/26 Pipe Cleaner Animals

Spring Session

- 4/2 Butterfly Art
- 4/9 Food Art
- 4/23 Seed Paper Craft
- 4/30 Jellyfish Watercolor Painting
- 5/7 Mother's Day Gift
- 5/14 Mystery Craft Pick
- 5/21 Red, White, Blue Wreath
- *No Class 2/19 and 4/16

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

Day/Date	Time
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Winter Session

Wed., Feb. 5-Mar. 26	5:30-6:30 PM
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Spring Session

Wed., Apr. 2-May 5	5:30-6:30 PM
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Teen Board Game Club (Ages 13-17)

Join us for board games you aren't bored of! Muster your competitive spirit as we gather to enjoy both classic and unique games sure to entertain and excite! Refreshments provided.

Fee: Free

Day/Date	Time
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*Mon., Mar. 3-Apr. 28	3:30-5:00 PM
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*No class Apr. 14

Celebrate Dr. Seuss's Birthday! (Ages 4-8)

Join us as we read beloved stories, play exciting games, create a themed craft, and enjoy a special Seuss-inspired snack. Don't miss out on this whimsical adventure!

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

Day/Date	Time
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Mon., Mar. 3	4:30-5:30 PM
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Character Creator Comic Strip (Ages 10-15)

Unleash your creativity and storytelling skills through this hands-on workshop designed for participants of all skill levels who want to explore the art of comic making while using traditional tools. Whether you're a beginner or an aspiring comic artist, this program will guide you through the process of creating your very own comic strip from start to finish, using nothing but paper, pencils, and ink!

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

Day/Date	Time
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Sat., Apr. 5-May 31	2:00-3:00 PM
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Hometown Heroes (All Ages)

A meet-and-greet with the people who help keep Irondequoit safe and running! Featuring firefighters, police officers, EMTs, and DPW. Please register all attending.

Fee: Free

Day/Date	Time
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Sat., May 17	3:00-5:00 PM
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YOUTH SPORTS

Rec Racers (Ages 6-9)

Rec Racers are back and better than ever! Check out our exciting new obstacles and challenges, which will keep your little active and engaged! Get ready to test your skills and push your limits.

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

Day/Date	Time
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Mon. Jan. 6-27	5:30-6:15 PM
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Nerf Attack (Ages 7-15)

Nerf on the turf is back! Show off those Nerf battle skills while working your way through a new course each week! Nerf Blasters and safety goggles provided.

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

Day/Date	Time	Age
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Tue., Jan. 7-28	5:30-6:15 PM	7-9
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Thu., Jan. 9-30	5:30-6:15 PM	10-15
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Find us on...



If you are looking for a meaningful career serving the public and your community,

join us at the Town of Irondequoit!

www.irondequoit.gov/jobs



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! *Parent/Caregiver assistance required.

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

Day/Date	Time
Wed., Jan. 8-Feb. 12	5:15-6:00 PM
Sat., Jan. 11-Feb. 15	9:15 -10:00 AM
Wed., Feb. 26-Apr. 2	5:15-6:00 PM
Sat., Mar. 1-Apr. 5	9:15-10:00 AM
Wed., Apr. 23-May 28	5:15-6:00 PM
Sat., Apr. 26-May 31	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.

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

Day/Date	Time
Wed., Jan. 8-Feb.12	6:15-7:00 PM
Sat., Jan. 11-Feb.15	10:15 -11:15 AM
Wed., Feb. 26-Apr. 2	6:15-7:00 PM
Sat., Mar. 1-Apr. 5	10:15-11:15 AM
Wed., Apr. 23-May 28	6:15-7:00 PM
Sat., Apr. 26-May 31	10:15-11:15 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.

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

Day/Date	Time
Wed., Jan. 8-Feb.12	7:15-8:00 PM
Sat., Jan. 11-Feb.15	11:30 AM-12:30 PM
Wed., Feb. 26-Apr. 2	7:15-8:00 PM
Sat., Mar. 1-Apr. 5	11:30 AM-12:30 PM
Wed., Apr. 23-May 28	7:15-8:00 PM
Sat., Apr. 26-May 31	11:30 AM -12:30 PM

Gym Mash-up (Ages 7-14)

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

Themes:

1. Soccer
2. Pickleball
3. Gaga Ball
4. Dodgeball

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

Day/Date	Time	Age
Thu., Feb. 27-Mar. 20	5:30-6:15 PM	7-9
Thu., Feb. 27-Mar. 20	6:30-7:15 PM	10-14

Parent vs Kids Obstacle Course Challenge:

Battle of the Generations (Ages 6-12)

Get ready for a fun-filled evening of friendly competition! Parents and kids will compete in an exciting obstacle course that will test agility, strength, and teamwork. Whether you are competing or cheering on your family, it is sure to be an action-packed night full of laughs and memories. All participants must be enrolled.

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

Day/Date	Time
Mon., Mar. 3	5:30-6:30 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.

*Caregiver assistance is required.

Host: Miss Tara, Local Dance Instructor

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

Day/Date	Time
Tue., Jan. 7-Feb. 11	5:35-6:20 PM
Tue., Mar. 4-Apr. 8	5:35-6:20 PM
Tue., May 6-June 10	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	Time
Tue., Jan. 7-Feb. 11	6:25-7:10 PM
Tue., Mar. 4-Apr. 8	6:25-7:10 PM
Tue., May 6-June 10	6:25-7:10 PM

Ballet 3 (Ages 8-12)

Discover the world of advanced dance techniques and elevate your child's dance journey to new heights! Join us for a class tailored for tweens eager to refine and build upon basic skills. The class will conclude with a recital on the last day.

Host: Miss Tara, Local Dance Instructor

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

Day/Date	Time
Tue., Jan. 7-Feb.11	7:15-8:00 PM
Tue., Mar. 4-Apr. 8	7:15-8:00 PM
Tue., May 6-June 10	7:15-8:00 PM



We reserve the right to reschedule/cancel a program w/ 48 hours notice.

Town of Irondequoit Recreation

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., Jan. 9-Feb. 13	5:35-6:20 PM
Thu., Mar. 6-Apr. 10	5:35-6:20 PM
Thu., May 8-June 12	5:35-6:20 PM

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., Jan. 9-Feb. 13	6:25-7:10 PM
Thu., Mar. 6-Apr. 10	6:25-7:10 PM
Thu., May 8-June 12	6:25-7:10 PM

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., Jan. 9-Feb. 13	7:15-8:00 PM
Thu., Mar. 6-Apr. 10	7:15-8:00 PM
Thu., May 8-June 12	7:15-8:00 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 (Holiday Session is \$40)



Winter Sessions

Day/Date	Time	Level
Sat., Jan. 4-Mar. 1	9:00-9:45 AM	Level 1
Sat., Jan. 4-Mar. 1	10:00-10:45 AM	Level 2*

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

Spring Sessions

Day/Date	Time	Level
Sat., Mar. 22-May 17	9:00-9:45 AM	Level 1
Sat., Mar. 22-May 17	10:00-10:45 AM	Level 2*

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

Summer Sessions

Day/Date	Time	Level
**Sat., May 31-Aug. 2	9:00-9:45 AM	Level 1
**Sat., May 31-Aug. 2	10:00-10:45 AM	Level 2*

*Level 2 students are at the recommendation of the instructor.
** No class on 7/5

Fall Sessions

Day/Date	Time	Level
Sat., Sept. 13-Nov. 8	9:00-9:45 AM	Level 1
Sat., Sept. 13-Nov. 8	10:00-10:45 AM	Level 2*

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

Holiday Sessions

Day/Date	Time	Level
**Sat., Nov. 22-Dec. 20	9:00-9:45 AM	Level 1
** Sat., Nov. 22-Dec. 20	10:00-10:45 AM	Level 2*

*Level 2 students are at the recommendation of the instructor.
** No class on 11/29



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 (Holiday Session \$80)



Winter Sessions

Day/Date	Time
Sat., Jan. 4-Mar. 1	10:15-11:00 AM
Sat., Jan. 4-Mar. 1	11:15 AM-12:00 PM

Spring Sessions

Day/Date	Time
Sat., Mar. 22-May 17	10:15-11:00 AM
Sat., Mar. 22-May 17	11:15AM-12:00 PM

Summer Sessions

Day/Date	Time
*Sat., May 31-Aug. 2	10:15-11:00 AM
*Sat., May 31-Aug. 2	11:15 AM-12:00 PM
* No class on 7/5	

Fall Sessions

Day/Date	Time
Sat., Sept. 13-Nov. 8	10:15-11:00 AM
Sat., Sept. 13-Nov. 8	11:15 AM-12:00 PM

Holiday Sessions

Day/Date	Time
*Sat., Nov. 22-Dec. 20	10:15-11:00 AM
* Sat., Nov. 22-Dec. 20	11:15 AM-12:00 PM
* No class on 11/29	

Junior Jujitsu (Ages 7-15)

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

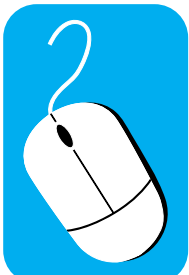
Day/Date	Fee	Time
Tuesdays in January	\$90	6:00-7:00 PM
Tuesdays in February	\$90	6:00-7:00 PM
Tuesdays in March	\$90	6:00-7:00 PM
Tuesdays in April	\$90	6:00-7:00 PM
Tuesdays in May	\$90	6:00-7:00 PM
Tuesdays in June	\$90	6:00-7:00 PM
Tuesdays in July	\$90	6:00-7:00 PM
Tuesdays in August	\$90	6:00-7:00 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 5/24 and 7/5		

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 5/24 and 7/5	



Save time! Register online!

Visit
recreation.irondequoit.gov
or more information

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 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

Location: Irondequoit Community Center

Registration: Min 3/Max 15

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 5/26 and 9/1	

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

Location: Irondequoit Community Center

Registration: Min 3/Max 25

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

ADULT AND SENIOR PROGRAMS

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

Location: Irondequoit Community Center

Registration: Min 10/Max 25

Day/Date	Time
Mon., Jan. 6	8:30 AM-3:00 PM
Mon., Jan. 20	8:30 AM-3:00 PM
Mon., Feb. 3	8:30 AM-3:00 PM
Mon., Feb. 24	8:30 AM-3:00 PM
Mon., Mar. 3	8:30 AM-3:00 PM
Mon., Mar. 17	8:30 AM-3:00 PM
Mon., April 7	8:30 AM-3:00 PM
Mon., April 21	8:30 AM-3:00 PM
Mon., May 5	8:30 AM-3:00 PM
Mon., May 19	8:30 AM-3:00 PM
Mon., June 2	8:30 AM-3:00 PM
Mon., June 16	8:30 AM-3:00 PM
Mon., July 14	8:30 AM-3:00 PM
Mon., July 21	8:30 AM-3:00 PM
Mon., Aug. 4	8:30 AM-3:00 PM
Mon., Aug. 18	8:30 AM-3:00 PM
Mon., Sept. 8	8:30 AM-3:00 PM
Mon., Sept. 22	8:30 AM-3:00 PM
Mon., Oct. 6	8:30 AM-3:00 PM
Mon., Oct. 20	8:30 AM-3:00 PM
Mon., Nov. 3	8:30 AM-3:00 PM
Mon., Nov. 17	8:30 AM-3:00 PM
Mon., Dec. 1	8:30 AM-3:00 PM
Mon., Dec. 15	8:30 AM-3:00 PM



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	11:30 AM-1:30 PM

Planetarium Exploration (Ages 50+)

Uncover the wonders of the universe on this exciting trip to the Rochester Planetarium! Join us for a fascinating journey through space as we take in a stunning celestial show under the dome. Transportation from the Community Center will be provided.

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

Day/Date	Time
Thu., Jan. 16	12:30-3:00 PM

Nerf Attack (Ages 18+)

This action-packed evening is designed for those who want to relive their childhood fun or experience the thrill of a Nerf war in an engaging, high-energy environment. Whether you are a seasoned Nerf warrior or a curious novice, this activity will itch that competitive scratch through friendly competition and physical exertion!

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

Day/Date	Time
Fri., Jan. 31	6:00-7:00 PM

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 available for our sweetest cherubs!

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

Day/Date	Time
Fri., Feb. 7	11:45 AM-1:45 PM

Sweetheart Cake Decorating Class (Adult 18+)

Partner up (romantic or platonic!) and enjoy a fun, hands-on cake decorating class where you'll work together to design your very own Valentine's-themed cake. Whether you're a baking pro or just looking to enjoy a sweet treat together, this class is perfect for all skill levels. Please register each person attending.

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

Day/Date	Time
Thu., Feb. 13	5:30-7:30 PM

Golden Dodgeball (Ages 18+)

Unleash your inner child and join us for a night of fast-paced fun! Get active and shake off stress as you dodge, duck, dip, and dive your way to victory. All skill levels welcome!

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

Day/Date	Time
Fri., Feb. 28	6:00-7:00 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
Mon., Mar. 17	11:45 AM-1:45 PM

Easter Brunch Celebration (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 himself!

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

Day/Date	Time
Thu., Apr. 10	11:45 AM-1:45 PM

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!

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

Day/Date	Time
Fri., Apr. 25- May 30	5:00-7:45 PM



We reserve the right to reschedule/cancel a program w/ 48 hours notice.





JANUARY

**1/7 THE CATCHER WAS A SPY
PAUL RUDD & PAUL GIAMATTI**

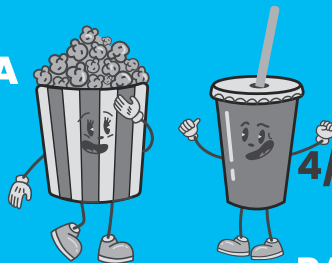
FEBRUARY

**2/4 FIND ME FALLING
HARRY CONNICK JR.**

**1/21 SUE FOR ME
TOM ARNOLD
WILLIAM MCNAMARA**

**2/18 WEEKEND AWAY
LEIGHTON MEESTER**

**MARCH
3/4 THE TAKE
IDRIS ELBA**



**APRIL
4/1 THE FUNDAMENTALS OF
CARING
PAUL RUDD & SELENA GOMEZ**

**3/18 MOTHER OF THE BRIDE
BROOKE SHIELDS
BENJAMIN BRATT**

**4/15 EASTER PARADE
FRED ASTAIRE
JUDY GARLAND**

MAY

**5/13 WOMAN OF THE HOUR
ANNA KENDRICK**

**5/27 THE INSPECTION
JEREMY POPE
GABRIELLE UNION**



**DOUBLE YOUR FUN BY JOINING OUR LUNCH CLUB 60 PROGRAM @ 11:45AM
FREE TRANSPORTATION FOR IRONDEQUOIT RESIDENTS REGISTERED FOR LUNCH CLUB!
CALL 336-6070 TO REGISTER FOR LUNCH/TRANSPORTATION**



FREE



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 11:45 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 \$.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.

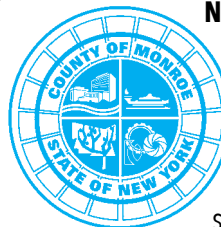
Fees: There is a \$3.50 suggested contribution for County meal on the menu for those 60 and older, and a \$6.00 charge for those under 60. To reserve a meal please call the Office (336-6070) at least 24 hours in advance.

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

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



www.irondequoit.gov/jobs



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 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%

*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 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.





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 (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

Room: Exercise Studio

Day	Time	
Sundays	10:15-10:45 AM	
Month	Num. of Classes	Class Exceptions
January	4	0
February	4	0
March	4	3/2
April	3	4/20
May	3	5/11
June	4	6/15

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! 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	11:00-11:45 AM	
Month	Num. of Classes	Class Exceptions
January	4	0
February	4	0
March	4	3/2
April	3	4/20
May	3	5/11
June	4	6/15

Day	Time	
Thursdays	7:30-8:00 PM	
Month	Num. of Classes	Class Exceptions
January	5	0
February	3	2/6
March	4	0
April	4	0
May	5	0
June	4	0

Active Training 55+ (Ages 55+)

Active Training 55+ is tailored towards the active person, 55+, who, 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	9:15-10:15 AM	
Month	Num. of Classes	Class Exceptions
January	4	0
February	4	0
March	5	0
April	4	0
May	3	5/26
June	5	0

Find us on...



Silver Sneaker Classic (Ages 55+)

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			10:30-11:30 AM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	5	0	
April	4	0	
May	3	5/26	
June	5	0	

Day			Time
Fridays			10:30-11:30 AM
Month	Num. of Classes	Class Exceptions	
January	5	0	
February	4	0	
March	4	0	
April	4	0	
May	5	0	
June	4	0	

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-Devins

Room: Exercise Studio

Day			Time
Mondays			11:45 AM-12:45 PM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	5	0	
April	4	0	
May	3	5/26	
June	5	0	



Day			Time
Wednesdays			11:45 AM-12:45 PM
Month	Num. of Classes	Class Exceptions	
January	4	1/1	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

Day			Time
Wednesdays			5:00-6:00 PM
Month	Num. of Classes	Class Exceptions	
January	4	1/1	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

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

Room: Exercise Studio

Day			Time
Mondays			5:30-6:15 PM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	5	0	
April	4	0	
May	3	5/26	
June	5	0	

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 and every class.

Host: Becca Watro

Room: Exercise Studio

Day			Time
Mondays			6:30-7:15 PM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	5	0	
April	4	0	
May	3	5/26	
June	5	0	

Yoga (Ages 55+)

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			8:00-9:00 AM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

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

Room: Exercise Studio

Day			Time
Tuesdays			9:45-10:30 AM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

Day			Time
Thursdays			9:45-10:30 AM
Month	Num. of Classes	Class Exceptions	
January	4	1/9	
February	4	0	
March	4	0	
April	4	0	
May	5	0	
June	4	0	

Motion Promotion (Ages 55+)

A seated exercise class – perfect for all ability levels!

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 stretch. 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
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

Day			Time
Thursdays			10:15-11:15 AM
Month	Num. of Classes	Class Exceptions	
January	5	0	
February	4	0	
March	4	0	
April	4	0	
May	5	0	
June	4	0	

Day			Time
Thursdays			11:30 AM -12:30 PM
Month	Num. of Classes	Class Exceptions	
January	5	0	
February	4	0	
March	4	0	
April	4	0	
May	5	0	
June	4	0	

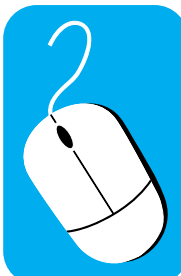
Silver Sneaker Classic (Ages 55+)

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			10:45-11:45 AM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	



**Save time!
Register online!**

Visit
recreation.irondequoit.gov
or more information

GROUP EXERCISE

Town of Irondequoit Recreation

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

Host: Samantha Richards

Room: Exercise Studio

Day			Time
Wednesdays			8:30-9:30 AM
Month	Num. of Classes	Class Exceptions	
January	4	1/1	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

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

Room: Exercise Studio

Day			Time
Wednesdays			10:30-11:30 AM
Month	Num. of Classes	Class Exceptions	
January	4	1/1	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

Day			Time
Fridays			9:15-10:15 AM
Month	Num. of Classes	Class Exceptions	
January	5	0	
February	4	0	
March	4	0	
April	4	0	
May	5	0	
June	4	0	



Restorative Yoga (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

Room: Seneca Room

Day			Time
Wednesdays			6:15-7:15 PM
Month	Num. of Classes	Class Exceptions	
January	4	1/1	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

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

Room: Exercise Studio

Day			Time
Wednesdays			6:15-7:00 PM
Month	Num. of Classes	Class Exceptions	
January	4	1/1	
February	4	0	
March	4	0	
April	5	0	
May	4	0	
June	4	0	

Day			Time
Saturdays			10:45-11:30 AM
Month	Num. of Classes	Class Exceptions	
January	4	0	
February	4	0	
March	5	0	
April	4	0	
May	5	0	
June	4	0	

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

Room: Exercise Studio

Day	Time	
Thursdays	8:00-9:00 AM	
Month	Num. of Classe	Exceptions
January	5	0
February	3	2/6
March	4	0
April	4	0
May	5	0
June	4	0

Silver Sneaker 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

Room: Exercise Studio

Day	Time	
Thursdays	10:45-11:45 AM	
Month	Num. of Classes	Class Exceptions
January	5	0
February	4	0
March	4	0
April	4	0
May	5	0
June	4	0

Cardio Dance (Ages 14+)

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	6:30-7:15 PM	
Month	Num. of Classes	Class Exceptions
January	5	0
February	4	0
March	4	0
April	4	0
May	5	0
June	4	0

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

Room: Exercise Studio

Day	Time	
Fridays	11:45AM-12:45 PM	
Month	Num. of Classes	Class Exceptions
January	5	0
February	4	0
March	4	0
April	4	0
May	5	0
June	4	0

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

Room: Exercise Studio

Day	Time	
Saturdays	9:30-10:30 AM	
Month	Num. of Classes	Class Exceptions
January	4	0
February	4	0
March	5	0
April	4	0
May	5	0
June	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 an individual 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	1:00-2:00 PM	
Month	Num. of Classes	Class Exceptions
January	3	1/14
February	4	0
March	4	0
April	5	0
May	4	0
June	4	0

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 minutes 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	11:45 AM-12:45 PM	
Month	Num. of Classes	Class Exceptions
January	4	0
February	4	0
March	5	0
April	4	0
May	5	0
June	4	0

REGISTER ONLINE OR JOIN US AT THE COMMUNITY CENTER TO HAVE YOUR QUESTIONS ANSWERED AND TO GET ALL SIGNED UP!

**2025
SUMMER
CAMPS**
REGISTRATION
OPENS APRIL 6TH
AT 10:00AM

**JUNE 30-
AUGUST 15**

REGISTER ONLINE
OR

IN-PERSON: IRONDEQUOIT COMMUNITY CENTER
450 SKYVIEW CENTRE PARKWAY, SUITE 200

REGISTRATION CANNOT BE DONE OVER THE PHONE
IMMUNIZATION RECORDS REQUIRED AT TIME OF REGISTRATION.

585.336.6070 : RECREATION@IRONDEQUOIT.GOV

**DAY CAMP
KINDER CAMP
WOODCRAFT
PLAYGROUND CAMP**

PLAYGROUND LOCATIONS TBD





**Women's Spring
SOCCER LEAGUE**

THURSDAY EVENINGS

MAY 8TH-JUNE 18TH

 **McAVOY PARK**
1615 North Winton Road 14609

FOR MORE INFORMATION

 Rec Supervisor: Chris Chavez
Email: cchavez@irondequoit.gov
Phone: 585-448-0277



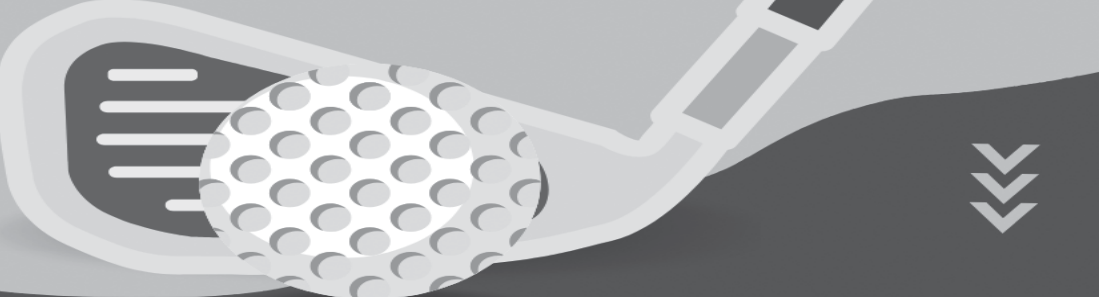
 **IRONDEQUOIT EARLY RISERS
LADIES GOLF
LEAGUE**

WEDNESDAYS 8:30AM TEE TIME
MAY 14TH - AUGUST 27TH

 **Lake Shore Country Club**
1165 Greenleaf Rd, Rochester, NY 14612



For more information
Rec Supervisor: Chris Chavez
Email: cchavez@irondequoit.gov
Phone: 585-448-0277





CO-ED SOFTBALL LEAGUE

Introducing an exciting new opportunity for summer softball at the highly coveted McAvoy Park! Grab your friends and get ready to hit the field for our inaugural season of our Co-Ed League!

**FRIDAY EVENINGS,
MAY 9TH-AUGUST 19TH
AGES 18+**



McAvoy Park
1615 North Winton Road 14609

For more information

Rec Supervisor: Chris Chavez
Email: cchavez@irondequoit.gov
Phone: 585-448-0277



**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?

**Open Turf/
Gym time
available for
all ages**

**Game Room
with multiple
amenities**

**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**





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

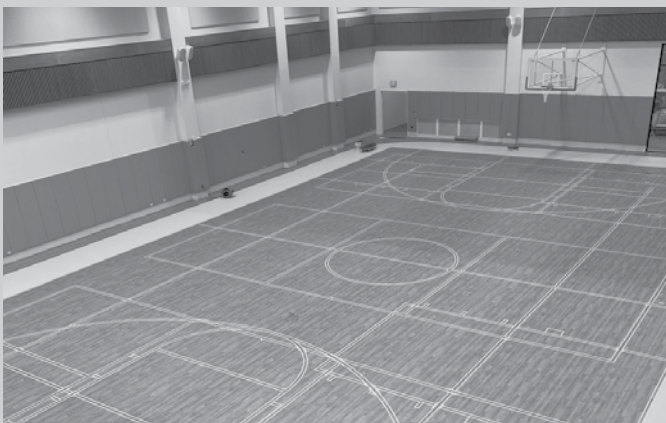


COMMUNITY CENTER RENTALS

**RENTALS BOOKING
NOW THROUGH
APRIL 2025**

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

For more information call 336-6070





THE TOWN OF IRONDEQUOIT'S WINTERFEST

SAVE THE DATE!

SATURDAY, FEB 8TH

11 AM - 3 PM

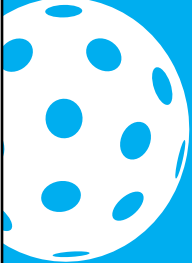
IRONDEQUOIT TOWN HALL CAMPUS (1280 TITUS AVE)

CONTACT SPECIALEVENTS@IRONDEQUOIT.GOV



www.irondequoit.gov





Irondequoit Recreation
PICKLEBALL
Tournament

SAVE THE DATE!

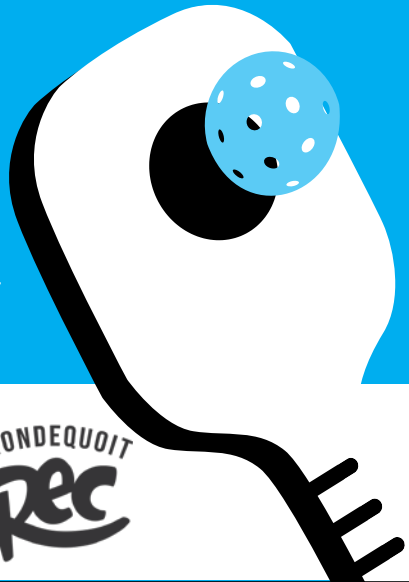
 **Sunday,
April 28**

 **Irondequoit
Community
Center**

STAY TUNED!



Visit Our Website
www.irondequoit.gov



MARKET MEMO!

We're moving indoors and bringing the best local produce, baked goods, and crafts to you all winter long! Join us every Thursday in our cozy indoor market building from **November 7 to May 22**. Support your local farmers and makers while enjoying the warmth of community all season.

4pm - 7pm | Thursdays, Weekly!

 **Town Hall Campus
25 Kings Hwy N.**

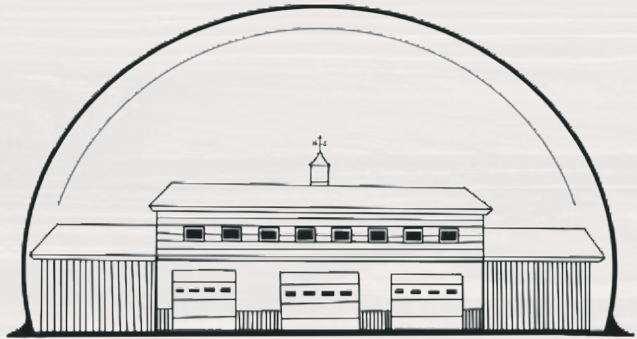
Contact

 **585-336-6073**

 **irondequoitmarket@irondequoit.gov**

 **www.irondequoit.gov**

WINTER MARKET



IRONDEQUOIT FARMERS' MARKET

BRUSH COLLECTION

REQUIREMENTS for BRUSH PICK UP:

- For the Town's pick-up, brush should not be tied in bundles. If bundled according to your waste haulers' instructions, your waste hauler will take it with your trash on your normal trash day.
- Limbs must be six feet (6') or shorter in length.
- Branches, logs or stumps must be less than six inches (6") in diameter.
- Maximum amount of debris picked up per location per trip is 25 cubic yards or area of two (2) parking spaces.
- Do not park vehicles in front of the pile.
- Do not pile debris around an obstacle (mailbox, under/ around tree, telephone pole, etc).
- **Private contractors are required to remove any and all debris.**
- Unacceptable material cannot be mixed in the pile.
- The Town of Irondequoit cannot dispose of certain types of debris, (building materials, roofing, etc). You must contact your refuse collector.
- Material must be free of metal (nails, hasps, etc).

Dates for 2025 Brush Pick-up

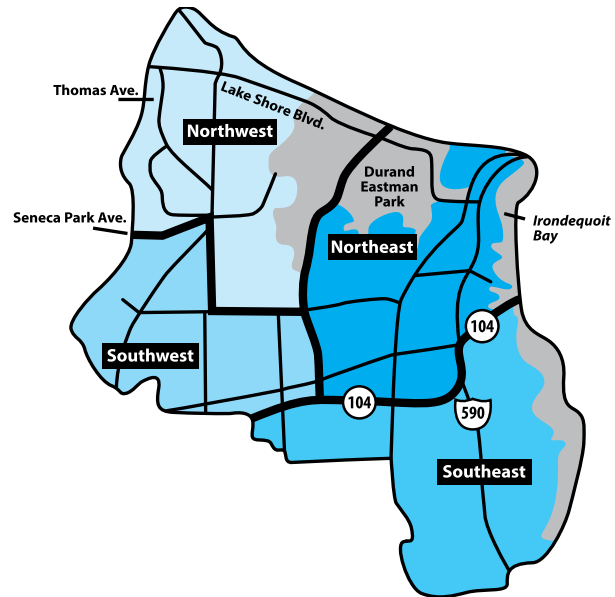
Brush will be picked up in each quadrant during the week listed below, (not the day). Brush should be out by 7:00AM the Monday of the scheduled pick-up week. Please check the map to determine your quadrant.

Be sure to plan your work around the published pick-up schedule so that we can better serve you.

Schedule

For collection purposes, the Town is divided into quadrants. Brush will be picked up in each quadrant during the week listed (*not the day*).

If you are not sure which quadrant your street is in, or has another question about brush pickup, please check the website.



SOUTHEAST QUADRANT

(The areas bordered by the city, the bay, and 104)

April 14, May 12, June 9, July 7, August 4, September 1, September 29, October 27

NORTHEAST QUADRANT

(The area between Kings Highway and Irondequoit Bay and between Route 104 and Lake Ontario)

March 31, April 28, May 26, June 23, July 21, August 18, September 15, October 13

SOUTHWEST QUADRANT

(Encompasses the area of Town between Ridge Rd East and Titus Ave., between Kings Highway and the Genesee River, including Fairview Crescent and Sachem Way & south of Seneca Park Avenue)

April 14, May 12, June 9, July 7, August 4, September 1, September 29, October 27

NORTHWEST QUADRANT

(Corner of Town between the lake; the river; Kings Highway on the east; and Seneca Park Ave, including Totem Trail, Cooper Rd., and Titus Avenues on the south)

March 31, April 28, May 26, June 23, July 21, August 18, September 15, October 13

Find us on...



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 fine 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. You may find further information regarding sidewalk plowing on the website.



Right-of-Way Permit info

Planning on getting a new driveway next year? The Town requires a permit to work in the Right of Way, which is the roadway and about 15 feet on either side of the road. It is important to have a permit filed with the Department of Public Works to ensure the company performing the work has proper insurance and restores the right of way to acceptable conditions. If you are contracting with a company to replace your driveway, please be sure a Permit is filed beforehand.

Also looking to have Tree work done in your yard? The Town has a license program that requires all Tree Contractors working in Town to have current insurance and meet standards set forth in the Town Code. To find a licensed tree contractor, please visit the Town Website under Tree Contractors in the Department of Public Works.



LIBRARY PROGRAM INFO

Hours

Monday - Thursday 10:00AM-9:00PM

Friday 10:00AM-6:00PM

Saturday 10:00AM-5:00PM

Sunday 1:00-4:00PM

Check our website for holiday/staff training closings



- **Please visit irondequoitlibrary.org/calendar to view our calendar of events**
- **Never miss a program!** Join our mailing list to find out about library happenings from our weekly newsletter: irondequoitlibrary.org/digital-content/email-newsletters/
- 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.



HOOCHENANNY
WHISKEY FESTIVAL

COMING TO
CAMP EASTMAN
August 8-10, 2025
ROCHESTER, NY

CULTIVATE
THE
UNCOMMON

BROUGHT TO YOU
BY THE OWNERS OF:

McCarthy
Tents & Events

IRON SMOKE
Distillery



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

Thank You for Staying Connected!

As we explore new ways to serve you, future editions of the Eye on Irondequoit Newsletter and Recreation Guide will be available primarily online. The digital version can be accessed at www.irondequoit.gov.

If you'd like to continue receiving a printed copy by mail, please opt-in by contacting us at (585) 336-6070 or visiting our website. Limited copies will also be available at the Irondequoit Community Center.

Thank you for your continued support as we transition to a more sustainable approach!

