Pittsford RECREATION

Spring 2016
Registration Begins March 7th
Online Registration Available
www.townofpittsford.org

Memorial Day Parade
May 30 at 10:00am

Look Inside
Pittsford Community Event
Paddle and Pour
Saturday, May 28
Starts at 12:00pm
Local Music, Art, Food, and Drink

Paddle and Pour
Saturday, May 28
Starts at 12:00pm
Local Music, Art, Food, and Drink
### GENERAL INFORMATION

**SPIEGEL COMMUNITY CENTER HOURS**
35 Lincoln Ave • Pittsford, NY 14534
Mon-Thu .................. 9:00am - 9:30pm
Fri .......................... 9:00am - 9:00pm
Sat ........................ 8:00am - 8:00pm
Sun ....................... 1:00pm - 5:00pm

Open Basketball hours vary and are updated weekly. Please call the Recreation Department at (585) 248-6280 or visit www.townofpittsford.org, scroll over the “Contact Us” menu tab, select the “Hours of Operation” link, and scroll down to the Spiegel Community Center for the weekly open basketball hours.

Proof of Pittsford residency is required to use the gym.

### PROGRAM INFORMATION • 248-6280

Spiegel Community Center rooms are available for community group meetings. Reservations must be made by a Pittsford resident 48 hours in advance at www.townofpittsford.org, click on “Facility Reservations” scrolling link and complete the reservation process.

The Spiegel Community Center is accessible to persons with disabilities.
We’re looking forward to the warming weather and the chance to get outdoors again, and have several programs and events that will give you the opportunity to do so this season.

If you enjoy yoga, you may want to try our new Sunrise Yoga on the Canal class. Offered Tuesday and Friday mornings from 7-8am in Carpenter Park at the Port of Pittsford, it is a great way to relieve stress, keep fit and experience the beauty of our canalside park. See page 21 for more details on the program.

We’re also offering a spring edition of our popular guided trail hike programs. Learn about area history, geography, and nature along the Royal Coach Trails on Saturday April 23 and the Mile Post Trails on Saturday June 11. Find more information on page 10.

We’ve spent the winter months planning another outstanding year of community events. Our first ever Paddle and Pour Art & Music Festival was a resounding success last year; it returns along the canal on Schoen Place on Saturday, May 28. More information will be available on our event website at www.paddleandpour.org as the date approaches but be sure to mark it on your calendar! Our annual Memorial Day parade is Monday, May 30 and our Summer Concert Series begins June 10. For information on all of our Town events, including our Concerts for Kids and Family Outdoor Movie Nights, visit the Town website www.townofpittsford.org.

On the projects front, our mostly mild winter allowed to make some additional progress on our Athletic Fields Improvement Project. Crews were able to complete some work on restroom construction at Great Embankment and Farm View parks and some facility work at Thornell Farm Park. Work at all three parks continues this spring.

Our Citizen Advisory Committee began work in February to examine various concept approaches provided by the project architects and engineers for our Spiegel Community Center Restoration and Improvement Project and to consider the operational and financial implications of each. We expect to hold the first of our public workshops, in which we’ll seek your opinions and advice for moving forward, in late spring.

For the timeliest updates on all of our projects, programs and events, visit the Town website and, if you haven’t already, sign up for our weekly eNewsletter. You’ll get one email each week containing pertinent information on Town projects, meeting schedules, programs and services. Occasionally, as necessary, you’ll also receive notice of emergency situations or other matters of urgency. The Town keeps your email address strictly confidential. We will not share it or use it for any purpose other than sending you the eNewsletter. You can sign up for the newsletter by clicking the “eNews” side-tab icon on our website homepage at www.townofpittsford.org. You can also follow via social media on Facebook (Town of Pittsford), Twitter (@pittsfordtown) and Instagram (Pittsford Town).

As always, if you have ideas, comments or suggestions regarding Town recreation programs and events, you can contact Town Supervisor Bill Smith at 248-6220, or bsmith@townofpittsford.org or Recreation Director Jessie Hollenbeck at 248-6284 or jhollenbeck@townofpittsford.org.

Pittsford Village Community Farmers Market

June 11 – October 15, 2016
Saturdays from 9 am – 1 pm
Copper Beech Park, Village of Pittsford
pittsfordvillagefarmersmarket.org
**Pittsford Recreation Spring 2016 Registration**

### HOUSEHOLD INFORMATION

- **NAME __________________________________________**
- **NAME __________________________________________**
- **ADDRESS _______________________________________**
- **ADDRESS _______________________________________**
- **HOME# ____________________ WORK# _____________**
- **HOME# ___________________ WORK# ______________**
- **EMAIL __________________________________________**
- **EMAIL __________________________________________**
- **EMERGENCY# ______________ CELL# ______________**
- **EMERGENCY# _____________ CELL# ________________**

#### NON-RESIDENT FEE:
Participants living outside of the Town of Pittsford and the Pittsford School District are required to pay a $5.00 per activity registration fee (per individual registrant). No fee is required for free programs. Programs offered are designed for residents of the Town of Pittsford and Pittsford School District. If class size allows, registrations from non-residents who have paid the non-resident fee will be accepted. Participants living outside of the Town of Pittsford and Pittsford School District may register to receive our program brochures by mail by contacting the Recreation Department. There is a $3.00 fee charged for outside mailing.

#### REFUND POLICY:
Refunds are available, unless otherwise stated in the program description. All refund requests must be submitted to the Pittsford Recreation Department. If a program is canceled, total amount will be refunded. You may withdraw up to 7 calendar days prior to the start of a program; a refund will be granted with a $5 processing fee per person/per program (certain programs may be nonrefundable or involve a portion of nonrefundable monies.) Within one week of a program’s start date, or after a program has begun, only medical refunds will be granted. A doctor’s written statement must accompany your request. Refund will be prorated based on the date of your notification to the Recreation Department. Absolutely no refunds will be granted after the program ends.

#### REGISTRATION TIPS:
Programs that do not meet the minimum number of participants are subject to cancellation. Assume you are registered in the program unless the recreation department notifies you. Please remember that some of our programs fill quickly so please register early.

#### RELEASE:
As part of my registration, or as a parent on behalf of a minor child, I recognize that programs involving physical activity have inherent risks of injury and/or damage and I assume any and all such risks, as well as the responsibility to be fully aware of the inherent risks associated with any program for which I register, before I begin participation. The Town and its employees will not be liable for injury or damage that occurs as a result of such risks and I waive and release the Town and its employees from any such liability. I also grant full permission to the Town to use my name, photograph, videotape or recording for any publicity promotion purposes without obligation or liability.

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For Triathlon Participants:
300 Yard Swim Time: _______ min. _______ sec.

*Please Make Checks Payable to Town of Pittsford*

**INCLUDE NON-RESIDENT FEE - $5.00 (PER PERSON & ACTIVITY IF APPLICABLE)**

Total Amount: $_______

*Mail-In Forms to 35 Lincoln Ave, Pittsford, NY 14534*

### PAYMENT METHOD:
- CASH
- CHECK
- CARD VS MC DV

RECEIPT #__________

**Resident Registration Begins March 7**

**Non-Resident Registration Begins March 14**
**PADDLE and POUR**

Saturday, May 28 – Starts at 12:00pm
Waterside on Schoen Place

Kick off summer with a canalside festival! Head to Schoen Place to enjoy live music from The Canal Street String Band, The Crawdiddies, Steve Oates, and the Skycoasters! Stop by the tasting tent for samples of local wines and craft brews. Browse the work of regional artists and learn about Pittsford’s history. Experience great food from local eateries and visit Pittsford’s shops. Be sure to catch the exciting competition of Pittsford Crew’s 19th annual Regatta. More info at www.paddleandpour.org

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**Memorial Day Parade**

Monday, May 30 – Steps off 10am

Join the Pittsford Community at this year’s Memorial Day Parade. Watch the parade as it steps off Sutherland Street and progresses down Jefferson Road to South Main Street. The parade concludes on Washington Street at the Pittsford Cemetery. You are invited to attend a Memorial Ceremony at the Soldiers Plot immediately following the parade.

*Join us after the ceremony for an open house at American Legion Post 899, 21 North Main Street. Refreshments will be served.*

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**Summer Concert Series**

Concerts begin at 6:30pm
Gazebo at Carpenter Park at the Port of Pittsford

Concert parking is available at the Community Library Municipal lot on State Street. Harladay Hots is our concert series food vender.

*Bring your chairs and enjoy an exciting evening of great music and fun!*

**Concerts for Kids**

Concerts begin at 6:30pm Gazebo at Carpenter Park at the Port of Pittsford
Come out for some great family friendly music and activities!

**July 6 & August 3**

- June 10: Mr. Mustard (Beatles Tribute)
- June 17: Prime Time Funk
- June 24: Panloco (Steel Drum)
- July 8: Bill Tiberio Jazz Band
- July 15: The Swooners

**July 21 • August 4 • August 18**

- July 22: That Party Band - Duck Drop
- July 29: Penfield Pops
- August 5: Shahin Swings: Raymond J Shahin Tribute Band
- August 12: Pittsford Fire Department Band

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**Family Outdoor Movie Nights**

Thursday Evenings • Movies Start At Dark

Join us outside under the stars as we show feature films on a GIANT inflatable movie screen. Make sure to bring your chairs and blankets, but leave your wallets at home - movies, popcorn and beverages are FREE!

New location at Sutherland High School.

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Register Online At: www.townofpittsford.org
Location: Thornell Farm Park, 480 Mendon Road. All bikes must be in racks by 6:45am.

Parking: Parking is available in the Thornell Farm Park Parking Lot (we ask that you stay through the awards ceremony if you park here) and Pittsford Mendon High School Stadium Lot.

Registration: Individual entry fee is $50. Team (2 or 3 person relay) entry fee is $90. Please register at Runsignup.com or www.townofpittsford.org. To get a start time based on your estimated swim time, you must register by NOON on Thursday, June 2. All registrations after this time must be done at packet pickup or the day of the race. If you choose to register at packet pickup or the day of the race, you will have a later start time so register early!

Packets: Packets must be picked up at Fleet Feet Sports (155 Culver Road in Rochester), on Saturday, June 4 from 11am-7pm.

Extras: In addition to the race, participants will receive a post race meal and a Running Tee.

Course: The course consists of a 300-yard swim in the Pittsford Mendon High School Pool, a 15-mile bike ride and a 3.3-mile run.

Timing: YellowJacket Racing will provide timing services.

Awards: Male and Female – Top 3 finishers overall - Overall Male and Female will each receive a prize, compliments of our sponsor Eye Openers. Age Group awards for top three finishers both male and female: 12-15 • 16-19 • 20-29 • 30-39 • 40-49 • 50-59 • 60 & Older

Post Race: At the conclusion of the event, there will be a complimentary meal served to participants and an award ceremony to follow.

Special Thanks to our Sponsors
**SUNRISE CLUB**

**BEFORE SCHOOL CARE**

Pittsford Recreation is excited to offer Sunrise Club, a fun and safe before school care option for elementary school aged children. Come to the Spiegel Community Center at 7:00 am to make new friends and get ready for the day. Pittsford Transportation will provide busing from the center to Pittsford Schools. Please contact Pittsford Transportation to make arrangements.

Register early to make sure the program doesn’t get cancelled due to low enrollment!

For more information on this program or the drop in option contact Alix at 248-6281.

Program is closed Apr 18, May 30

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Grades K-5

Spiegel Center Rm 105

211422-01

**CHILD CARE CENTER**

**OPEN YEAR AROUND**

Hours: Monday-Friday, 8:30AM-3:30PM

Closed May 30

Children ages 16 months-5 years enjoy arts & crafts, dance & music, and creative play! Stay for up to 3 hours of fun including snack and lunch time!

Families must provide food and drinks for each child (no peanut products please!) as well as diapers, wipes, and a spare set of clothing.

Call Nancy, Child Care Director, at (585) 248-6295 for more information, to schedule a tour, or make reservations.

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<td>3.0 Hours</td>
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*Plus an annual enrollment fee of $12.00 per family

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**PITTSFORD REC SPORTS LEAGUES**

**2016 SOFTBALL LEAGUES**

Men’s Adult Softball

**MONDAYS**

6-9pm

Men’s Softball is a great way for friends and players to participate in a slow-pitch league. Don’t miss out on a chance to get a team together.

Men’s Adult Softball

Coed Adult Softball

**TUESDAYS**

6-9pm

Coed Softball is a fun and non-competitive way for adults to participate in a slow-pitch league. Don’t miss out on a chance to get a team together.

Team captains please contact Andrew Urckfitz at 248-6283 for meeting information.

For program information please see the Athletic section of this brochure.

**2016 SOCCER LEAGUES**

Youth Soccer

**TUESDAYS & THURSDAYS**

6:30-8:30pm

Summer soccer is a coed, non-competitive recreational soccer program that focuses on improving fundamental skills and more importantly, having fun!

“Volunteer Coaches are needed for this program”

Interested volunteer coaches please contact Andrew Urckfitz at 248-6283.

Women’s Soccer

**MONDAYS**

6-9pm

This is a league for adult female soccer players of all skill levels. Provides a great opportunity for friends and colleagues interested in playing in a soccer league for the Spring/Summer season.

Interested players and coaches please contact Andrew Urckfitz at 248-6283.
Summer Fun Juniors provides an opportunity for 3-5 year olds to become familiar with our Summer Fun program in a smaller, half-day setting. The program is full of games, outdoor play, crafts and hands-on activities. Summer Fun Juniors is ideal for 5 year olds who will be entering Pre K or Kindergarten in the fall who have yet to spend time in a half day or full day youth program. Children must be toilet trained in order to attend. The Summer Fun Juniors program will be closed on 7/4. If space allows you may enroll your child for both Morning and Afternoon sessions. Our Child Care Center will be offering a Lunch Bunch program to provide care during the lunch hour for an additional fee.

### Summer Fun Juniors Morning

<table>
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### Summer Fun Juniors Afternoon

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### Lunch Bunch!

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### Summer Fun Juniors Theme Weeks

- **Week 1**: Kings & Queens
- **Week 2**: Outer Space Adventure
- **Week 3**: Mad Scientists
- **Week 4**: Super Heroes
- **Week 5**: Hollywood Super Stars
- **Week 6**: Dr. Seuss
- **Week 7**: Magical Wizards
- **Week 8**: Tropical Getaway

### Adventure Camp!

Recreation Staff, Instructor • Ages 10-14 • Spiegel Center

<table>
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<tr>
<td>311015-02</td>
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Coming Summer 2016...ADVENTURE CAMP! Spend the last week of summer on an exciting daily adventure! We will Kayak, Bike, Climb, and Raft! A complete itinerary of the week’s events and adventures will be sent out to all registrants before the start of camp. Campers should bring a snack, water bottle, and lunch to camp every day. Come experience the outdoors in a challenging, safe, and exciting way. For questions about Adventure Camp please contact Alix at 248-6281 or via e-mail at adavidson@townofpittsford.org.
Summer Fun offers eight weeks of fun day programming for children ages 5-13 (5 year olds can participate in the Summer Fun program if they have completed kindergarten. 5 year olds who have not completed kindergarten may register for Summer Fun Juniors program on the previous page).

Programming includes outdoor playtime, indoor activities, arts & crafts, special events, theme days, and field trips (additional fee and registration apply). Your child won’t want to miss out on all the fun to be had this summer!

The Summer Fun program will be closed on 7/4.

Summer Fun Day Camp is certified by the NYS Department of Health. Participants must provide current immunization records. A copy of these records must be hand delivered on your child’s first day of Summer Fun.

Pittsford Recreation will not accept records from previous years or electronic copies.

### Park Road Elementary School
**Ages 5-13**

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### Spiegel Community Center
**Ages 5-13**

<table>
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<th>Times</th>
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### Summer Fun Field Trips

**Ages 5-7**

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**Ages 8-13**

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<td>310104-10</td>
<td>Aug 18</td>
<td>Pittsford Cinemas</td>
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Please note that your child must be registered for the program the week the field trip is being offered.

Trips are for participants at both the Spiegel Community Center and Park Road Elementary School sites.
Guided Hikes on Pittsford Trails
Recreation Staff, Instructor
241021-01 Royal Coach Trails Sat Apr 23 8:30am No Fee
241021-02 Mile Post Trails Sat Jun 11 8:30am No Fee

Use the Town’s Trail Maps to explore the trails and walkways of Pittsford. These guided hikes provide an opportunity to meet members of the community and discover the Royal Coach Trails (Apr 23) and the Mile Post Trails (Jun 11). Participants will be contacted with a meeting place and extra information prior to the hike date and will be provided with a trail map at the outset of the hike. Maps are available for free ahead of time at:
http://townofpittsford.org/trails_and_walkways

Registration is Required

Aquatics

PLEASE REGISTER EARLY FOR ALL AQUATIC PROGRAMS-CLASS SIZE IS LIMITED. ALL SWIM REGISTRATIONS WILL BE TAKEN IN ON A FIRST-COME, FIRST-SERVE BASIS.

Parent & Tot Swim
Aquatics Staff, Instructor
211101-01 Sat Apr 9-Jun 18 8:45-9:15am Fee: $55
211101-02 Sat Apr 9-Jun 18 9:20-9:50am Fee: $55
Ages 1-3 Barker Road MS Pool

A young child’s first aquatic experience should be a pleasurable one guided by the hand of a Mom or Dad. Children will learn games and experience the first steps in learning to swim. Parents will learn how to safely enjoy the water with their small children. Offered in cooperation with the American Red Cross. Please bring a swimsuit and a towel.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

No class May 28

Parent & Tot Swim Plus
Aquatics Staff, Instructor
211102-01 Sat Apr 9-Jun 18 8:45-9:15am Fee: $55
211102-02 Sat Apr 9-Jun 18 9:20-9:50am Fee: $55
Ages 3-5 Barker Road MS Pool

Is your child able to submerge his or her head under water? Are they able to float on their front and back? Instruction will be utilized to coach both the child and parent in the water. Bring a towel and swimsuit. Please no first time swimmers.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

No class May 28

Group Swim Lessons
Aquatics Staff, Instructor
211103-01 Sat Apr 9-Jun 18 10:00-10:35am Fee: $60
211103-02 Sat Apr 9-Jun 18 10:40-11:15am Fee: $60
211103-03 Sat Apr 9-Jun 18 11:20-11:55am Fee: $60
Ages 4-14 Barker Road MS Pool

Students will work toward their certification of Red Cross levels 1-6. In level 6, students have the option of focusing their certification in four specific areas. These include: Personal Water Safety, Fundamentals to Diving, Lifeguard Readiness and Fitness Swimmer. Please inform your instructor as to which area you would like to focus on for the session. This program teaches children to swim and be safe in and around the water. Parents are welcome to observe classes. Bring a towel and swimsuit. Goggles are optional.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

No class May 28

Private Swim Lessons
Aquatics Staff, Instructor
211104-01 Mon Apr 4-May 9 6:00-6:30pm Fee: $85
211104-02 Mon Apr 4-May 9 6:35-7:05pm Fee: $85
211104-03 Mon Apr 4-May 9 7:10-7:40pm Fee: $85
211104-04 Mon Apr 4-May 9 7:45-8:15pm Fee: $85

Ages 4-14 Barker Road MS Pool

This program is designed for children who need additional one-on-one assistance in learning to swim. Whether your child is afraid of the water or they need to refine their strokes before heading to a swim team, this program is for them. Students will be assigned to an instructor on the first day of class.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

No class Apr 18

No class May 30

Stroke Clinic for Advanced Swimmers
Aquatics Staff, Instructor
211106-01 Tue Apr 5-Jun 14 6:00-6:50pm Fee: $85
Ages 7-14 Barker Road MS Pool

A class designed for children using American Red Cross standards who are Level IV swimmers and above. The emphasis in this program will be on stroke development and refinement. Participant will be asked to produce a swimming level card at the first class.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

No class May 10 & 31
Lap Swim for Senior Citizens  
**Aquatics Staff, Instructor**  
**231107-01** Sat **Apr 9-Jun 18** 12:00-2:00pm  No Fee  
**Ages 55 and up**  Barker Road MS Pool  

This program is geared specifically toward seniors who are looking to get in the pool for a good workout or for fun. Exercising in an aquatic environment is a great low-impact workout. This is a “do-it-yourself” program, no instruction will be offered. There will be a lifeguard on duty.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

No class May 10 & 31

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**Family Open Swim**  
**Aquatics Staff, Instructor**  
**241105-01** Tue & Sat **Apr 5-Jun 18**  Fee: $65  
**Tue** 7:00-8:30pm  
**Sat** 2:00-2:00pm  
**No age limit**  Barker Road MS Pool  

For those families looking to spend some quality time together. Locker rooms are available. Fee for this program is per family.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

No class May 10 & 31

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**Water Yoga**  
**Penfield Sport & Fitness, Instructor**  
**221115-01** Thu **Apr 7-May 26**  8:15-9:00am  Fee: $79  
**Ages 18 and up**  Penfield Sport & Fitness  

This class presents yoga poses in our 89 degree salt pure pool! Water yoga enhances strength, increases range of motion, improves balance, and includes relaxation techniques.

Penfield Sport & Fitness is located at 667 Panorama Trail West in Penfield.

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**Aqua Pre-Natal Yoga**  
**Penfield Sport & Fitness, Instructor**  
**221100-01** Mon **Apr 25-Jun 6**  7:00-8:00pm  Fee: $69  
**Ages 18 and up**  Penfield Sport & Fitness  

Aqua Pre-Natal Yoga is aimed to help increase your stamina with stretches and breathing techniques. It will include strength and flexibility moves. Our 89 degree salt-pure pool is the perfect environment to help increase your range of motion. Full club privileges included for the course duration. Participants need a doctor’s approval and may fax it to (585) 586-4232 to the attention of Gail Buckner or bring it to the first class.

Penfield Sport & Fitness is located at 667 Panorama Trail West in Penfield.

No class May 10 & 31

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**American Red Cross Recertifications**  
Jennifer Shulman, Instructor  
**221109-03** Sat **May 21** 10:00am-1:30pm  Fee: $40  
**221109-04** Sat **May 21** 10:00am-5:00pm  Fee: $80  
**221109-05** Sat **May 21** 10:00am-5:00pm  Fee: $20  
**221109-06** Masks (optional)  
**Fee: $15**  
**Ages 15 and up**  Barker Road MS Pool  

This course will recertify previously certified participants in their choice of CPR, full LGT (includes CPR), and/or the Waterfront Module. The course will review the knowledge and skills needed to prevent and respond quickly and effectively to aquatic, first aid, and cardiac emergencies, and to prevent drowning and injuries. All certificates valid for 2 years.

Barker Rd Middle School’s pool parking lot is located off West Bloomfield Rd in Pittsford. Pool doors are located off the back of the building and back parking lot.

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**Handmade From the Heart**  
Pat Miller, Instructor  
**220218-01** Wed **May 11** 6:30-9:00pm  Fee: $28  
**Ages 16 and up**  Spiegel Center Rm 102  

Learn to be creative without a lot of effort. In this class you will make 6 cards- 2 each of 3 designs; and 3 gift bags with tags. Perfect for gift giving. Class includes all the cardstock, designer paper, and embellishments you need to complete all your handmade treasures. This self-paced class is open to all levels of experience so grab a friend to sign up and enjoy the time together! Please bring your favorite crafting glue, paper snips, and pop up dimensional. All other supplies will be provided. Questions? Feel free to contact the instructor.

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**Little Things**  
Pat Miller, Instructor  
**220225-01** Wed **Mar 30** 6:30-9:00pm  Fee: $45  
**Ages 16 and up**  Spiegel Center Rm 201  

You will make one home decor piece with 13 interchangeable display pieces. Perfect for Mother’s Day gift giving. Includes 6-1/4 x 8-5/8” chalkboard stand with clip; gold brads; gold cord; wood veneer pieces; gold metallic thread; sequins; doilies; faceted button; muslin fabric; die-cut shapes; printed pieces; cotton paper; star confetti; and more.

Please bring your paper snips, multipurpose liquid glue, snail type adhesive runner, and pop up dimensional. Instructor will have limited quantities for sale at class. All other supplies will be provided. Questions? Feel free to contact the instructor.

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**Fabulous Furnishings**  
Peggi Heissenberger, Instructor  
**220201-01** Thu **May 5-Jun 9** 6:30-8:30pm  Fee: $70  
**Ages 14 and up**  Spiegel Center Rm 205  

This class will give you instruction and ideas on how to customize many types of furnishings. Learn how to transform that old piece you have been storing in the basement or garage. Participants are required to purchase the supplies needed to complete their project. No previous experience is required to participate and all skill levels are welcome.
Athletics

Soccer Shots for Youth

Soccer Shots Staff, Instructor
211254-01 Sat Apr 23-Jun 11 10:00-10:45am Fee: $99
211254-02 Sat Apr 23-Jun 11 11:00-11:45am Fee: $99
Ages 3-4
211254-03 Sat Apr 23-Jun 11 11:00-11:45am Fee: $99
Ages 5-7
211254-04 Spiegel Center Soccer Field

Soccer Shots is a national program teaching children the beautiful game of soccer. Using creative and imaginative games, sessions focus on basic soccer skills like dribbling, passing, and shooting. Guided by a curriculum our enthusiastic coaches will provide a fun yet structured environment while they teach proper skills. Soccer Shots is not only a sport for beginners but our focus on skills will also help develop children with some previous experience.

Spiegel Center is located at 35 Lincoln Ave in Pittsford.

HappyFeet Soccer

Happy Feet Instructor
211272-01 Mon Apr 4- May 23 10:00-10:30am Fee: $75
211272-02 Mon Apr 5- May 24 6:00-6:30pm Fee: $75
Ages 4-6
211272-03 Mon Apr 4- May 23 10:30-11:00am Fee: $75
211272-04 Tue Apr 5- May 24 6:30-7:00pm Fee: $75
Spiegel Center Rm 210

HappyFeet Rochester is part of the growing family of HappyFeet programs that started in Kansas City. Our trained soccer coaches hold classes each week with a structured curriculum to teach the fundamentals of soccer. In a thirty minute class your soccer star learns ball control, balance, and soccer moves. There are songs and games! They play with their teammates and their new friend, Bob the Bobcat during their session each week. We are sure that your little one will be kicking and doing moves all over your house in no time! Prior skills will be built on if you have tried tumbling in the past! Right-side up or upside down, tumbling is too much fun to miss!

No class Apr 18 & 19
Adult On Course Golf Lessons
Erik D. Skiba, PGA Director of Golf Instruction

221288-01 Tue Apr 26-May 17 7:00-8:30pm Fee: $129
221288-02 Wed Apr 27-May 18 7:00-8:30pm Fee: $129
221288-03 Thu Apr 28-May 19 7:00-8:30pm Fee: $129
221288-04 Tue May 24-Jun 14 7:00-8:30pm Fee: $129
221288-05 Wed May 25-Jun 15 7:00-8:30pm Fee: $129
221288-06 Thu May 26-Jun 16 7:00-8:30pm Fee: $129

Ages 18 and up Eagle Vale Golf Club

Lessons are conducted mainly on the golf course, with emphasis placed on getting the golfer more comfortable being on the course. The goal is for each golfer to learn course management so that they are able to get around the course in the least amount of time possible, along with having the lowest score possible. Golfers will learn to manage their games, view the course in a non intimidating way, and keep up with pace of play while having the most fun possible. Lessons will be done in small groups of 2-6 golfers per session. Please call (585) 377-5200 or visit www.eaglevale.com for more information.

Eagle Vale Golf Club is located at 4344 Nine Mile Point Rd in Fairport.

Mens’ Senior Golf Camp
Erik D. Skiba, PGA Director of Golf Instruction

231289-01 Mon Apr 25-May 16 2:00-3:00pm Fee: $99
231289-02 Mon May 23-Jun 20 2:00-3:00pm Fee: $99

Ages 55 and up Eagle Vale Golf Club

Getting a little older? Not hitting the ball as far as you once did or as solidly as you used to? This program is designed to improve your contact, create a little more club head speed (think distance) and also to show you a few ways to spice up your short game. Chipping, pitching and putting will all be covered and different drills and exercises will be implemented to improve your overall game. Please call (585) 377-5200 or visit www.eaglevale.com for more information.

Eagle Vale Golf Club is located at 4344 Nine Mile Point Rd in Fairport.

No class May 30

Ladies’ Senior Golf Camp
Erik D. Skiba, PGA Director of Golf Instruction

231290-01 Mon Apr 25-May 16 3:00-4:00pm Fee: $99
231290-02 Mon May 23-Jun 20 3:00-4:00pm Fee: $99

Ages 55 and up Eagle Vale Golf Club

Enjoy the warm camaraderie of your fellow lady golfers in a small group atmosphere. All aspects of the golf will be covered from putting, chipping, pitching and full swing. Learn the key fundamentals behind hitting the ball more squarely to help increase distance. Will also work on the finesse side of the game with putting and chipping drills and exercises. Please call (585) 377-5200 or visit www.eaglevale.com for more information.

Eagle Vale Golf Club is located at 4344 Nine Mile Point Rd in Fairport.

No class May 30

High School Golf Academy
Erik D. Skiba, PGA Director of Golf Instruction

221291-01 Mon Apr 25-May 16 5:30-7:00pm Fee: $145
221291-02 Mon May 23-Jun 20 5:30-7:00pm Fee: $145

Ages 12-18 Eagle Vale Golf Club

This course is designed for the High School golfer trying to make the golf team or make the team’s starting line-up. Different drills and exercises will be used to enhance all aspects of the golf game, ranging from putting, chipping and pitching, to full swing analysis. On-course situational scenarios will be implemented to ensure each student gains confidence and course management skills needed to improve one’s overall game. Please call (585) 377-5200 or visit www.eaglevale.com for more information.

Eagle Vale Golf Club is located at 4344 Nine Mile Point Rd in Fairport.

No class May 30

Junior Golf
Erik D. Skiba, PGA Director of Golf Instruction

211215-01 Sat Apr 23-May 14 5:00-6:00pm Fee: $89
211215-02 Sat May 25-Jun 15 5:00-6:00pm Fee: $89

Ages 6-10

211215-03 Sat Apr 23-May 14 6:00-7:00pm Fee: $89
211215-04 Sat May 25-Jun 15 6:00-7:00pm Fee: $89

Ages 10-13

211215-05 Sat Apr 23-May 14 7:00-8:00pm Fee: $89
211215-06 Sat Jun 25-Jul 16 7:00-8:00pm Fee: $89

Ages 11 and up Eagle Vale Golf Club

Our expansive Teaching Center allows us to utilize multiple stations of activity where we integrate agility, balance, throwing, and catching; alongside standard golf fundamentals to keep kids enthused, interested, and focused. The goal is to have kids fall in love with the game of golf, but also be able to excel in other sports and activities in which they want to explore. Please call (585) 377-5200 or visit www.eaglevale.com for more information.

Eagle Vale Golf Club is located at 4344 Nine Mile Point Rd in Fairport.

Adult Beginner Golf - Intro To Golf
Erik D. Skiba, PGA Director of Golf Instruction

221219-01 Sat Apr 23-May 14 5:00-6:00pm Fee: $89
221219-02 Sat May 25-Jun 15 5:00-6:00pm Fee: $89

Ages 11 and up Eagle Vale Golf Club

This course is designed for the true beginner golfer. Our PGA professional instructors will gently guide you through the fundamentals of the golf game. Posture, grip, and alignment will be the starting point of the session working into different swing shapes and styles at the proper time. All aspects of the golf game will be covered from putting, chipping, full swing, to rules and etiquette rounding out the curriculum. Please call (585) 377-5200 or visit www.eaglevale.com for more information.

Eagle Vale Golf Club is located at 4344 Nine Mile Point Rd in Fairport.

Register Online at www.townofpittsford.org
**Youth Soccer - Summer**

_Recreation Staff, Instructor_

**Jul 12-Aug 11**

<table>
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<th>Days</th>
<th>Grades</th>
<th>Schedule</th>
<th>Fee</th>
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<td>311229-02</td>
<td>Tue &amp; Thu</td>
<td>2-3</td>
<td>7:30-8:30pm</td>
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_Hopkins Park-Soccer Fields_

The emphasis of this program is sportsmanship, friendship, and fun. Micro soccer (small-sided play on scaled down field areas) will be the format utilized to maximize each player's involvement in play and opportunity for “ball touch.” Games introduced are designed to be challenging and skill building, and will help to build your child’s confidence with a soccer ball without them even realizing it’s happening. Players must provide a water bottle, shin guards and a size 3 practice ball. Registration deadline is Jun 28.

Volunteer coaches are necessary for the success of this program – no experience necessary. Volunteers will be sent a packet with lesson plans and all pertinent program operational information prior to the start of the season. If you are interested in coaching, please contact Andrew at 248-6283.

Hopkins Park is located at 5 Barker Rd in Pittsford.

**Family Basketball**

_Recreation Staff, Instructor_

**241206-01** Sun Apr 3-Jun 19 3:00-5:00pm No Fee

No age limit Spiegel Center Gym

The Spiegel Community Center Gymnasium will be available on a drop-in basis for parents to play basketball with their children. Basketball are available for use, but you may bring your own. Instruction/supervision will not be provided. Registration is required.

**Drop-In Pickleball**

<table>
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<th>Days</th>
<th>Dates</th>
<th>Schedule</th>
<th>Fee</th>
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<td>Wed</td>
<td>Apr 6-Jun 22</td>
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<td>231283-02</td>
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<td>Apr 8-Jun 24</td>
<td>2:00-4:00pm</td>
<td>$2</td>
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18 and up Spiegel Center Gym

Drop-in to play this exciting game that everyone is talking about! Pickleball is a blend of tennis, badminton and ping pong and is a great way to meet new people and play a game that is right for a variety of skill levels. No instruction or supervision is provided for this drop-in program. Fees are per person per visit. For any questions, contact the instructor at (585) 434-0883.

**Introduction to Pickleball**

_Larry Shearer, Instructor_

<table>
<thead>
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Ages 18 and up Spiegel Center Gym

The exciting and fun game of pickleball is one of the fastest growing sports in America! Pickleball is a great way to socialize, while reaping the many benefits of exercise. Although pickleball appears similar to tennis, it is played on a much smaller court with a slower moving plastic ball. Those key differences make pickleball easier to play than tennis for a wide range of players, especially seniors. This program is designed for true beginners or people looking to see what the sport has to offer. Paddles and balls will be provided. If you have any questions, please contact the instructor at (585) 434-0883.

**Adult Advanced Golf**

_Erik D. Skiba, PGA Director of Golf Instruction_

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Schedule</th>
<th>Fee</th>
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<tr>
<td>221220-01</td>
<td>Tue</td>
<td>Apr 26-May 17</td>
<td>6:00-7:00pm</td>
<td>$99</td>
</tr>
<tr>
<td>221220-02</td>
<td>Wed</td>
<td>Apr 27-May 18</td>
<td>6:00-7:00pm</td>
<td>$99</td>
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<tr>
<td>221220-03</td>
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<td>Apr 28-May 19</td>
<td>6:00-7:00pm</td>
<td>$99</td>
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<tr>
<td>221220-04</td>
<td>Tue</td>
<td>May 24-Jun 14</td>
<td>6:00-7:00pm</td>
<td>$99</td>
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<tr>
<td>221220-05</td>
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<td>May 25-Jun 15</td>
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<tr>
<td>221220-06</td>
<td>Thu</td>
<td>May 26-Jun 16</td>
<td>6:00-7:00pm</td>
<td>$99</td>
</tr>
</tbody>
</table>

Ages 18 and up Eagle Vale Golf Club

A natural progression from the “Beginner Intro to Golf”. This course expands on what you may already know or have learned in previous courses. This is a more in depth analysis of your golf game, which focuses on pre-swing fundamentals, the importance of developing a pre-shot routine and swing mechanics. Additional time will also be spent on short game, rules and proper etiquette. Please call (585) 377-5200 or visit www.eaglevale.com for more information.

Eagle Vale Golf Club is located at 4344 Nine Mile Point Rd in Fairport.

**Adult Men’s and Coed Softball Leagues**

_Recreation Staff, Instructor_

<table>
<thead>
<tr>
<th>League</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Softball League</td>
<td>$560</td>
</tr>
<tr>
<td>Coed Softball League</td>
<td>$560</td>
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</table>

Any teams interested in playing in adult men's and coed softball leagues in the spring/summer should have their team captain/representative attend an informational meeting, Mar 2 at the Spiegel Community Center. The meeting will include an overall discussion regarding rosters, scheduling, cost, fields, and playoffs.

If you are interested in attending the meeting and/or having a team in the league, please contact Andrew at 248-6283 for more information.

**Women’s Soccer League**

_Recreation Staff, Instructor_

Fee: $550

Any teams interested in playing in a women's soccer league this summer should have their team captain/representative attend an informational meeting, Mar 16 at the Spiegel Community Center. The meeting will include an overall discussion regarding rosters, scheduling, cost, and fields. If you are interested in attending the meeting and/or having a team in the league, please contact Andrew at 248-6283 for more information.
**Indoor Junior Tennis**  
*Jeff Wagstaff, USPTA Instructors*

- **211211-01** Wed Apr 6-May 4  4:00-6:00pm  Fee: $160  
- **211211-02** Fri Apr 8-May 6  4:00-6:00pm  Fee: $160  
- **211211-03** Sun Apr 10-May 8  2:00-4:00pm  Fee: $160

**Ages 7-18**  
Mendon Racquet Club

This concentrated tennis program for beginner/advanced players is committed to the development of junior tennis. Classes are designed so that each player receives individual attention, based on his or her natural style. Each student is encouraged to reach his/her greatest potential by experiencing competitive drills designed to teach students to react instinctively to the ball. For student placement or more information contact Jeff Wagstaff (USPTA Instructor) at 334-8897.

Mendon Racquet Club (624-2310) is located at 80 Topspin Dr in Pittsford.

**QuickStart Tennis**  
*Jeff Wagstaff, USPTA Instructor*

- **211271-01** Sat Apr 9-May 7  11:00am-12:00pm  Fee: $80  
- **211271-02** Mon Apr 11-May 9  4:00-5:00pm  Fee: $80

**Ages 4-7**  
Mendon Racquet Club

QuickStart Tennis uses age/size appropriate courts and racquets to help kids develop proper technique and strategy in a play-based format. Children will learn basic strokes, how to keep score, and more. Class size is a 1:6 ratio and children will need to provide their own racquets. Please contact the instructor at (585)624-2310 if you have any questions regarding racquet size or program information.

Mendon Racquet Club is located at 80 Topspin Dr in Pittsford.

**Adult USA Tennis**  
*Sue Bloch, USPTA, Instructor*

- **Beginner Level**
  - **221230-01** Wed May 11-Jun 15  9:00-10:30am  Fee: $100  
  - **221230-02** Wed May 11-Jun 15  6:00-7:30pm  Fee: $100

- **Intermediate Level**
  - **221230-03** Wed May 11-Jun 15  10:30am-12:00pm  Fee: $100  
  - **221230-04** Wed May 11-Jun 15  7:30-9:00pm  Fee: $100

**Ages 16-70**  
Thornell Farm Park Tennis Courts

This program is designed to include all levels of tennis abilities from beginners to advanced players. Each beginner class offers an opportunity to learn fundamental tennis skills, rules, and scoring with some match play. The intermediates will fine tune basic skills with challenging drills, game strategies, and more advanced match play. Both programs are organized and taught by a USPTA certified instructor. Tennis is a game for a lifetime! Come join the fun and meet playing partners.

Thornell Farm Park is located at 480 Pittsford Mendon Rd in Pittsford.

**Girls Tennis Match Play**  
*Sue Bloch, USPTA, Instructor*

- **211230-01** Thu May 5-Jun 16  4:00-6:00pm  Fee: $100

**Ages 12-18**  
Thornell Farm Park Tennis Courts

Match Play is very important in development to become a good tennis player. Group and private lessons teach the basic skills of tennis. Match play is the test of those skills in a competitive situation. This will be an excellent and fun opportunity, especially for those girls who might be interested in playing on the junior and varsity teams in the fall. We will work on a good mental attitude as we develop a strategic game plan for each match depending on our strengths and weaknesses and those of the opponent. The players will learn the importance of how to conduct a thorough warmup. The girls will develop confidence in themselves and their tennis game. With match play experience they will be able to make smart decisions throughout their matches. Please call Sue at 381-5926 with any questions.

Thornell Farm Park is located at 480 Pittsford Mendon Rd in Pittsford.

**Indoor Tennis Instruction for Juniors & Adults**  
*David Strebel, Instructor*

- **241211-01** Wed Apr 13-May 11  5:30-7:00pm  Fee: $140
- **241211-02** Sat Apr 16-May 14  2:00-3:30pm  Fee: $140
- **241211-03** Sun Apr 17-May 15  1:00-2:30pm  Fee: $140
- **241211-04** Tue Apr 12-May 10  7:30-9:30pm  Fee: $175

**Ages 18 and up**  
Harley School Tennis Courts

This tennis program is set up to accommodate all levels of play. The goal of the program will be to teach basic strokes and later to put them into drills and games that will show tennis can be a lot of fun to play. Dave Strebel, USPTA Pro, will coordinate the programs and his staff will be teaching it. Dave has been a Rochester area tennis pro for 30 years and a certified USPTA teaching professional for 25 years. He was named the New York State Tennis Coach of the Year in 1994. Come and join in the fun while learning the sport of tennis.

Harley School Indoor Tennis Courts are located at 1981 Clover St in Rochester.

**Mini-Musketeers: Fencing for Youth**  
*Christine Griffith, Instructor*

- **211200-01** Sat Apr 9-May 7  1:00-2:00pm  Fee: $60
- **211200-02** Sat May 14-Jun 18  1:00-2:00pm  Fee: $60

**Ages 6-12**  
Spiegel Center Rm 210

What kid hasn’t wanted to be a swashbuckling pirate or a dueling Musketeer? Fencing activities and games are used to improved fitness, balance, agility, and hand-eye coordination. The class is designed for children new to fencing as well as for those who have participated in fencing classes before. All safety equipment provided.

No class May 28
Fencing for Teens and Adults
Christine Griffith, Instructor
241281-01 Sat Apr 9-May 7 2:15-3:15pm Fee: $60
241281-02 Sat May 14-Jun 18 2:15-3:15pm Fee: $60
Ages 13 and up Spiegel Center Rm 210

Are you a teen or adult looking for a new and exciting sport? Fencing is a skill sport that helps to improve the body and mind. We have had a few teens take the class with their parent and couples that want to learn something new together. For new and continuing fencers, basic footwork, defense, offense, and strategy is taught in a fun and dynamic class. All safety equipment is provided.

No class May 28

Horseback Camp for Kidz
Park Place Farms, Instructor
211240-01 Sat May 7 11:00am-2:00pm Fee: $75
211240-02 Sat May 14-Jun 18 2:15-3:15pm Fee: $75
Ages 7-14 Park Place Farms

The program is intended to build riding confidence and skills in a relaxed and fun atmosphere. This program is for children, returning or beginning riders. We will review basic horse care and riding. Classes are indoors or outside, weather permitting.

Park Place Farms is located at 354 Bull Saw Mill Rd in Honeoye Falls.

Cheerleading
Mary Christine Doggett, Instructor
211201-01 Mon Apr 4-May 2 4:30-6:00pm Fee: $75
211201-02 Mon May 16-Jun 20 4:30-6:00pm Fee: $75
Ages 5-11 Spiegel Center Gym

Children will learn cheerleading techniques, popular cheers, basic gymnastic movements, dance routines, and stretching. This program will provide a well-rounded experience for children who are striving for excellence and an edge when trying out for a squad. We hope that the children will enjoy this experience and move on to the next level. Parents are asked to be aware that possible injury may happen such as sprained ankles, bruises, sore muscles, and such if they have never cheered before. For more details on the scope of the class or required clothing please contact Mary Christine Doggett at 737-1137.

No class May 30

Cards & Games

Major Suit Raises and Losing Trick Count
Mary Lyke, Instructor
220804-01 Tue Apr 5-May 24 9:30-11:30am Fee: $60
No materials fee
Ages 18 and up Spiegel Center Rm 102

Finding a fit with partner in a major suit provides many opportunities for successful contracts. Learn or reinforce a number of conventions to communicate useful information including: Jacoby 2NT, Drury, Bergen Raises and Splinter Bids. We will also incorporate Losing Trick Count, which is an extremely powerful way to evaluate your hand based on high card strength and distribution. Come with your favorite partner or come alone and meet some lovely people and potential partners.

Bridge: Structured Play Using Everything You know
Mary Lyke, Instructor
220806-01 Thu Apr 7-May 26 9:30-11:30am Fee: $60
No materials fee
Ages 18 and up Spiegel Center Rm 102

This class will be a continuation of our ongoing bridge journey. Initially, we will identify areas to explore. Bring your arsenal of skills and tools and come to play many hands where you can put them to work. Whether you bid using Two Over One or standard methods, whether you play many conventions or just a few, you will have the opportunity to compete against other serious students of the game and pick up a few skills along the way. Bring your favorite partner or come alone. It’s a good place to find new friends and other partners.

Play of the Hand
Mary Lyke, Instructor
220807-01 Thu Apr 7-May 26 12:30-2:30 pm Fee: $60
220807-02 Materials Fee: $17
Ages 18 and up Spiegel Center Rm 102

To both the beginner and expert, the play of the hand at bridge is fascinating. All phases of declarer play including finesses, promotion, setting up long suits, cross-ruffling and other trick-developing plays are revealed in a manner players can understand. The hands give the students a chance to review and practice their bidding and improve their play. This course will focus on reaching the best contract, making a plan and doing what must be done to be successful. We will use Audrey Grant’s book Play of the Hand in the 21st Century.

Cheerleading
Mary Christine Doggett, Instructor
211201-01 Mon Apr 4-May 2 4:30-6:00pm Fee: $75
211201-02 Mon May 16-Jun 20 4:30-6:00pm Fee: $75
Ages 5-11 Spiegel Center Gym

Children will learn cheerleading techniques, popular cheers, basic gymnastic movements, dance routines, and stretching. This program will provide a well-rounded experience for children who are striving for excellence and an edge when trying out for a squad. We hope that the children will enjoy this experience and move on to the next level. Parents are asked to be aware that possible injury may happen such as sprained ankles, bruises, sore muscles, and such if they have never cheered before. For more details on the scope of the class or required clothing please contact Mary Christine Doggett at 737-1137.

No class May 30
### Dance

#### Pittsford Ballet Pre-Ballet
*Karen Hanson, Instructor*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>210401-01</td>
<td>Fri Apr 8-Jun 10</td>
<td>4:15-5:00pm</td>
<td>$90</td>
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<tr>
<td>210401-02</td>
<td>Fri Apr 8-Jun 10</td>
<td>5:15-6:00pm</td>
<td>$90</td>
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</table>

**Ages 5-6**

Introduction to simple ballet movements, moving with music and imaginative mime. Registrant must provide a plain black or light blue leotard, pink tights and pink ballet slippers and hair pinned up securely. No skirts please.

#### Pittsford Ballet School
*Karen Hanson and Jeanne Mandel, Instructors*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>240402-01</td>
<td>Sat Beg. Only</td>
<td>1 hr class</td>
<td>$100</td>
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<tr>
<td>240402-02</td>
<td>1 class/week</td>
<td>1.5 hr class</td>
<td>$120</td>
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<tr>
<td>240402-03</td>
<td>2 classes/week</td>
<td>1.5 hr class</td>
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<tr>
<td>240402-04</td>
<td>3 classes/week</td>
<td>1.5 hr class</td>
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<td>240402-05</td>
<td>4 classes/week</td>
<td>1.5 hr class</td>
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<td>240402-06</td>
<td>5 classes/week</td>
<td>1.5 hr class</td>
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<tr>
<td>240402-07</td>
<td>1 class/week-pointe</td>
<td>0.5 hr class</td>
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<td>240402-08</td>
<td>2 classes/week-pointe</td>
<td>0.5 hr class</td>
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<td>240402-09</td>
<td>3 classes/week-pointe</td>
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<tr>
<td>240402-10</td>
<td>single class</td>
<td>1.5 hr class</td>
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<td>240402-11</td>
<td>single pointe class</td>
<td>0.5 hr class</td>
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**YOUTH** (ages 8 - 18)

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<th>Day</th>
<th>Session</th>
<th>Time</th>
<th>Ages</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Advanced Beginner</td>
<td>4:30-6:00pm</td>
<td>9 &amp; Up</td>
</tr>
<tr>
<td>Tue</td>
<td>Intermediate</td>
<td>4:30-6:00pm</td>
<td>11 &amp; Up</td>
</tr>
<tr>
<td>Tue</td>
<td>Pointe</td>
<td>6:00-6:30pm</td>
<td>12 &amp; Up</td>
</tr>
<tr>
<td>Thu</td>
<td>Intermediate</td>
<td>4:30-6:00pm</td>
<td>11 &amp; Up</td>
</tr>
<tr>
<td>Thu</td>
<td>Pointe</td>
<td>6:00-6:30pm</td>
<td>12 &amp; Up</td>
</tr>
<tr>
<td>Sat</td>
<td>Beginners class</td>
<td>10:15-11:15am</td>
<td>8 &amp; Up</td>
</tr>
<tr>
<td>Sat</td>
<td>Advanced Beginner</td>
<td>11:15am-12:45pm</td>
<td>9 &amp; Up</td>
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<tr>
<td>Sat</td>
<td>Intermediate/Advanced</td>
<td>12:45-2:15pm</td>
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<td>Sat</td>
<td>Pointe</td>
<td>2:15-2:45pm</td>
<td>12 &amp; Up</td>
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**ADULTS**

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<th>Day</th>
<th>Session</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Intermediate/Advanced</td>
<td>8:00-9:30pm</td>
<td>14 &amp; Up</td>
</tr>
<tr>
<td>Tue</td>
<td>Advanced Beginner</td>
<td>10:00-11:30am</td>
<td>14 &amp; Up</td>
</tr>
<tr>
<td>Thu</td>
<td>Beginner</td>
<td>10:00-11:30am</td>
<td>14 &amp; Up</td>
</tr>
<tr>
<td>Fri</td>
<td>Intermediate</td>
<td>10:00-11:30am</td>
<td>14 &amp; Up</td>
</tr>
</tbody>
</table>

Registrants must provide plain black leotards, pink tights, pink ballet slippers, and have hair pinned up securely.

-- Advanced Beginner: minimum 1 year training
-- Intermediate: minimum 3 yrs training
-- Advanced: minimum 5 yrs training

Recommends youth Adv/Beg enroll in 2 classes/week (unless provisions are made with the instructor.)

Pointe may be taken with permission of instructor.

No class May 30

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### Rochester Dancesport Academy
*Michele Madore, Instructor*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>240408-01</td>
<td>Tue Beg. Latin/ Ballroom</td>
<td>Apr 12-May 31</td>
<td>6:30-7:25pm</td>
</tr>
<tr>
<td>240408-02</td>
<td>Tue Int/ Av Latin/ Ballroom</td>
<td>Apr 12-May 31</td>
<td>7:30-8:25pm</td>
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</tbody>
</table>

#### Beg Latin / Ballroom
- Ages 17 and up
- Spiegel Center Dance Studio

#### Int/ Adv Latin/Ballroom
- Ages 17 and up
- Spiegel Center Dance Studio

Serious “Dancing with the Stars” style training right here in Pittsford. Never be bored at a wedding or social event again! The “Beginner Latin/Ballroom” is for students interested in getting started in partner dancing. It will cover dances popular at weddings! The “Intermediate/Advanced Latin/Ballroom” class is for students with a good foundation in the Partner Dances looking to improve their vocabulary and skills. The Int/Adv Class will rotate dances, covering one Latin and one Ballroom dance each session: Rumba, Cha Cha, Samba, Salsa, Waltz, Foxtrot, Viennese Waltz, Quickstep and more! Please sign up with a partner at least 1 week prior to the start of class. You can learn to dance with a partner! Program fees are per person.

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### Teeny Tiny Tap and Ballet
*Shirley Reback, Instructor*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>210410-01</td>
<td>Wed Apr 6-Jun 22</td>
<td>10:00-10:45am</td>
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<td>Thu Apr 7-Jun 23</td>
<td>9:15-10:00am</td>
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</table>

Ages 2-3.5

Spiegel Center Rm 211

Have fun while learning the basic steps in tap and ballet personality songs and cute routines. Tap and ballet shoes are required. Contact Shirley to trade or buy tap and ballet shoes: 880-7147. Friends and family are invited to attend the last class of the session for a special performance!

### Tiny Tap and Ballet
*Shirley Reback, Instructor*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
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<td>210424-01</td>
<td>Tue Apr 5-Jun 21</td>
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<td>210424-02</td>
<td>Wed Apr 6-Jun 22</td>
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<tr>
<td>210424-03</td>
<td>Thu Apr 7-Jun 23</td>
<td>10:00-10:45am</td>
<td>$120</td>
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</table>

Ages 4-6.5

Spiegel Center Rm 211

This class gives preschoolers an introduction to the world of tap and ballet. Have fun while learning basic steps, personality songs and cute routines. Tap and ballet shoes are required. Contact Shirley to trade or buy tap and ballet shoes: 880-7147. Friends and family are invited to attend the last class of the session for a special performance!

### Tap and Ballet
*Shirley Reback, Instructor*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>210415-01</td>
<td>Thu Apr 7-Jun 23</td>
<td>4:30-5:15pm</td>
<td>$120</td>
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Ages 5-8

Spiegel Center Rm 211

This class gives preschoolers an introduction to the world of tap and ballet. Have fun while learning basic steps, personality songs and cute routines. Tap and ballet shoes are required. Contact Shirley to trade or buy tap and ballet shoes: 880-7147. Friends and family are invited to attend the last class of the session for a special performance!
Belly Dance
Deborah Robinson, Instructor
240946-01 Tue Beginner Class Apr 5-May 24 7:30-8:30pm Fee: $72
240946-02 Tue Performance Apr 5-Jun 14 6:30-7:30pm Fee: $108
240946-03 Both Classes Fee: $144
Beginner Class Ages 14 and up Spiegel Center Rm 209
Performance Class Ages 14 and up Spiegel Center Rm 209

Join us and get in on the fun! Belly Dance will have you moving like you never thought you could. While learning this beautiful dance form, you will strengthen and tone your core, improve your balance, posture and coordination. No previous dance experience is required for the beginner class. This program is open to all fitness levels. Grab a friend or make a new one and have fun while achieving a great work out. The performance class is for students who have some belly dance training and want to cultivate stage presence and performance skills. If you have never performed or are newer to performing, or are more seasoned but want to master a choreography, refine dance skills and find the joy of performance, this is for you!

Intro to Flamenco Dancing
Laurel Sonne, Instructor
210412-01 Sat Apr 9 10:00am-12:15pm Fee: $35
210412-02 Sun Apr 10 1:30-3:45pm Fee: $35
Ages 16 and up Spiegel Center Rm 209

Come and participate in a two-day workshop and discover the beautiful, empowering, soulful art known as Flamenco. Originating in Andalusia Spain, Flamenco has roots in Indian, Arabic, Jewish, and Spanish cultures. The workshop will touch upon Flamenco's history, song, and guitar, concentrating on its dance form. We will start with basic technique and move to a choreography made famous in Cadiz, Spain. No previous dance experience necessary. This is a fun, causal introduction to Flamenco. If you have flamenco or character shoes please feel free to bring them to class.

Chinese Dance Company of Rochester
Annie Begley, Instructor
210405-01 Fri Apr 8-Jun 10 6:30-8:00pm Fee: $115
Ages 10 and up Spiegel Center Dance Studio

Chinese Dance Company of Rochester offers structured dance training in Chinese classical, folk and contemporary dance for children. Curriculum includes body aesthetics/barre/technique/reertoire. Students participate in many local performances and community events. Registrants must have pink leotards, pink tights, white ballet slippers and hair pinned up securely before coming to class.

JourneyDance™
Virginia Monte, Instructor
220425-01 1 class Fee: $15
220425-02 ANY 5 classes Fee: $65
220425-03 ANY 10 classes Fee: $120
Sat 10:00-11:30am Ages 15 and up Spiegel Center Rm 211

JourneyDance is a dynamic conscious dance form that combines freestyle and structured movement to inspire you to get out of your mind and into your body. The JourneyDance Flow leads participants on a ritual journey of physical and emotional transformation through breath, sweat and expression, you gain a palpable experience of yourself as pure powerful energy.

In JourneyDance, we dance without mirrors to release judgment of ourselves and others. JourneyDance is not about learning steps, it’s about revealing, recovering and re-discovering your natural intuitive movement. We activate imagination, and utilize diverse forms of freestyle improvisational dance, yoga, ritual, theater and shamanism to a soundtrack of inspiring world music, creating a barefoot ecstatic celebration of human spirit.

Photography 101
Valerie Sorrells, Instructor
220958-01 Wed Apr 6-May 11 6:00-8:00pm Fee: $180
220958-02 Wed May 18-Jun 22 6:00-8:00pm Fee: $180
Ages 16 and up Spiegel Center Rm 205

Want to learn basic photography or improve your current skills? This is the class for you! We will cover the basics of digital cameras including: Shutter speed, aperture, ISO, file type, lens types, and basic on and off camera flash. We will learn basics of composition and how to critique our work to become better photographers. At the end of the session, we will print our best work for an end of session show for our friends and family.

The Peter Robinson Settlement Project of 1823 and 1825
Michael E. McCarthy, Instructor
220923-01 Tue May 10 7:30-8:30pm No Fee
Ages 12 and up Spiegel Center Rm 202

In 1821, Ireland had another crop failure and the British authorities did little for their Irish subjects. This crisis sparked a renewed threat of an agrarian revolt centered in southern Ireland. Sir Robert Wilmot-Horton, the United Kingdom's Under-Secretary for the Colonies, devised a relief scheme to emigrate impoverished Irish out of Ireland and relocate to Upper Canada.

Peter Robinson was asked to lead the relief effort. This presentation will describe the political and social ramifications for each country as well as the personal implications of the families of this little known but highly successful scheme.

Registration is required.

Puppy K and Teen Puppy Obedience Class
Fran Schoenfeld, ABC Certified Dog Trainer, Instructor
220909-01 Mon Apr 11-Jun 13 7:00-7:45pm Fee: $95
220909-02 Mon Apr 11-Jun 13 8:00-8:45pm Fee: $95
Dogs 6-16 months old Spiegel Center Rm 101

Puppies need a good foundation and head start in life. Learn basic manners: sit, down, wait, recall, drop it, loose leash walking without pulling. Solve and prevent behavior problems: barking, jumping, chewing, digging, biting. You will learn how to be your puppy’s leader, how to avoid problems before they start, and how to change your puppy’s inappropriate behavior through positive reinforcement. You will learn how puppies think and process information. Puppies must be dog and people friendly. Proof of vaccinations is required at the first class. Do NOT bring your puppy to the first class! All family members over the age of 8 years are welcome to participate. Please call Paws-I-tive Behavior Dog Training at 585-388-7482 for questions about the program.

No class May 2, 9, 30

Register Online At: www.townofpittsford.org
Preventing Anaphylaxis and Reducing Anxiety
Syed Mustafa, M.D., Instructor
210951-01 Wed Apr 6 6:00-7:00pm No Fee
Ages 18 and up Spiegel Center Rm 102
This informational session from The Allergy Advocacy Association, a local nonprofit organization, will provide an evidence-based approach to identifying, diagnosing, assessing, and managing anaphylaxis to prevent death from severe allergy reactions. There will be opportunities to ask questions throughout the session.
Registration is required.

A Spark in Her Voice
Marianne Schreyer, Instructor
210922-01 Tue Apr 12 3:30-4:30pm Fee: $20
210922-02 Tue May 24 3:30-4:30pm Fee: $20
210922-03 Tue Jun 14 3:30-4:30pm Fee: $20
Ages 14-19 Spiegel Center Rm 102
A Spark in Her Voice: Empowering Young Women’s Words.
Too often we hear young women answer questions or write essays or applications with uncertainty. A Spark in Her Voice is a program to teach young women to present themselves professionally, assertively, and gracefully in all communication. The intent is not to correct grammar but to build confidence in presenting oneself to potential schools, employers, or other influencers. Topics discussed include; defining and owning personal strengths; powerful vs. weak words and phrases; writing about intentions not dreams and tips and tricks for public speaking. The interactive 1 hour workshops include exercises and take-home worksheets to help participants keep the spark alive after class.

Defensive Driving
Cindy St. George, Instructor
220907-01 Sat Apr 23 9:30am-3:30pm Fee: $45
220907-02 Tues & Thu May 10 & 12 6:00-9:00pm Fee: $45
Ages 16 and up Spiegel Center Rm 102
Empire Safety Council, New York State and DMV approved, offers two great ways to save for New York State licensed drivers. First, complete this informative six hour workshop and receive a 10% reduction on the liability and collision premiums of your auto insurance for three years. Each member of a family completing the workshop is also entitled to the 10% reduction provided they are a primary operator on a vehicle listed on the policy. Secondly, you may be eligible to reduce up to four points on your driving record. An experienced certified instructor will lead the program using a wide array of teaching techniques appealing to motorists of all ages. The focus of the Traffic Survival Workshop is developing improved driving awareness, prevention skills and defensive driving strategies. Saturday courses will break for a ½ hour lunch. Please bring your own beverage.

How to Buy Your First Home
Robert Opett, ABR, CBR, Instructor
220948-01 Thu Apr 14 7:00-8:15pm No Fee
Ages 18 and up Spiegel Center Rm 201
Learn how to navigate the process of buying a home—whether it is the first time or you are a move-up buyer ready for a great refresher. We will cover mortgages, inspections, and negotiations. Participants will learn the Ten Mistakes People Make when Buying a Home. Save money and find the home of your dreams!
Registration is required.

How to Protect Yourself from Your Computer
Marc-Anthony Arena, Instructor
220921-01 Tue & Thu May 17-26 6:00-8:00pm Fee: $65
Ages 18 and up Spiegel Center Rm 202
Frustrated with your computer? Bombarded by error messages? Is your computer dreadfully slow? Don’t bother buying a new one! In this course, you’ll learn how to protect yourself from viruses, spyware, toolbars, spam, and scams. You’ll learn how to speed up your computer, how to make educated purchases, and the answers to questions you may have, all in plain English.
The class is taught by Marc-Anthony Arena, President of Teknosphy, LLC and host of “The Computer Exorcist” show on WYSL Radio. Mr. Arena is a 2005 honors graduate of RIT with 15 years of experience in the tech field. His tongue-in-cheek teaching style will keep you interested. This is the only self-defense class offered where you won’t break a sweat!

Downsizing in Today’s Market
Robert Opett, ABR, CBR, Instructor
220935-01 Tue May 17 7:00-8:15pm No Fee
Ages 18 and up Spiegel Center Rm 101
This class will show participants who are experiencing a life change (such as loss of a job, disability, loss of a spouse, or simply becoming “empty nesters”) how to properly downsize their single family residence in today’s real estate market. Staging, pricing, and updates will be discussed to obtain the maximum profit in the shortest amount of time for the Seller. Discussion will include strategies and options such as reverse mortgages. Participants will also learn tips on vacation purchases both within the US and abroad. Discussion will include mortgage options, benefits of Buyer agency, pitfalls, inspections, and certain legal issues. Registration is required.

Sunrise Club- Before School Care
Recreation Staff
211422-02 Mon-Fri Apr 4-Jun 21 7:00-8:30am Fee: $205
211422-02 Mon-Fri Apr 4-Jun 21 7:00-8:30am Fee: $143
5 days a week
3 days a week (or fewer)
Grades K-5 Spiegel Center
Pittsford Recreation is excited to offer Sunrise Club, a fun and safe before school care option for elementary school aged children. Come to the Spiegel Community Center at 7:00 am to make new friends and get ready for the day. Pittsford Transportation will provide busing from the center to Pittsford Schools. Please contact Pittsford Transportation to make arrangements. For more information on this program or the drop in option contact Alix at 248-6281.
Program is closed Apr 18, & May 30
Ages 4½-6    Spiegel Center
3 days a week (or fewer)

Ages 5-13    Spiegel Center Rm 105
3 days a week (or fewer)
211401-01 Mon-Fri  Apr 4-Jun 21  8:30am-12:00pm  Fee: $997
5 days a week
211401-02 Mon-Fri  Apr 4-Jun 21  12:00-3:30pm  Fee: $997
5 days a week
211401-03 Mon-Fri  Apr 4-Jun 21  8:30am-12:00pm  Fee: $616
3 days a week (or fewer)
211401-04 Mon-Fri  Apr 4-Jun 21  12:00-3:30pm  Fee: $616
3 days a week (or fewer)

Spiegel Center

Please send Recreation Department for a day full of fun activities!

Superintendent’s Conference Day Fun Camp

Recreation Staff
211401-04 Mon Apr 18  8:30am-5:30pm  Fee: $15
(After School Participant Fee)
211401-05 Mon Apr 18  8:30am-5:30pm  Fee: $30

Ages 5-13  Spiegel Center Rm 105

Looking for something fun and exciting for your child to do on Superintendent’s Conference Day? Join the Town of Pittsford Recreation Department for a day full of fun activities! Please send your child with a lunch and an afternoon snack. Please have your child dressed for outdoor weather. Register early as this program does fill quickly. For more information on Fun Camp please call Alison at 248-6287.

Spring Break Camp

Recreation Staff
211403-01 Mon-Fri  Mar 28- Apr 1  8:30am-5:30pm  Fee: $105
Ages 5-13  Spiegel Center Rm 105

Looking for something fun and exciting for your child to do over Spring Break? Join the Town of Pittsford Recreation Department for a week full of fun activities! On Wednesday, we will be taking a trip to Laser Quest! The bus will leave promptly at 9:30AM and return at 2:00PM. Pizza and a beverage will be provided for lunch on this day. Please send your child with a non-perishable lunch and an afternoon snack daily. Please have your child dressed for outdoor weather. Register early as this program does fill quickly. For more information on Fun Camp please call Alison at 248-6287.

Birthday Parties

Recreation Staff, Instructor
211414-01 Sun 11:30am-1:30pm  Fee: $175
Ages 3-12  Spiegel Center

Are you looking for a fun and exciting way to celebrate your child’s birthday? Choose from a variety of themed activities, sports, and crafts for your child and his or her friends to enjoy while celebrating their special day. Birthdays are hassle free when you have a party with us! Your personal party host will lead participants in various activities while you enjoy the fun. Leave the planning and mess up to us!

All parties include a sheet pizza, decorated room, invitations, paper goods, party host, lemonade, an hour of games in the gym and an hour of activities in the party room for up to 15 children. Parties must be booked at least one week in advance. An accompanying adult must be present for the duration of the party.

Please contact Alison at 248-6287 for more information or to schedule a party.

American Red Cross – Babysitter’s Training

Domenic Danesi, American Red Cross Instructor
211405-01 Sat 9:00am-3:00pm  Fee: $85
211405-02 Sat Jun 4 9:00am-3:00pm  Fee: $85
Ages 11-15  Spiegel Center Rm 102

This course is designed to provide youth (Ages 11-15) who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Each student will receive an American Red Cross Babysitter’s Kit and a certificate stating they successfully completed the program. Students are required to bring a self-addressed stamped envelope to the class and a brown bag lunch.

Safety First for Children

Domenic Danesi, ARC Instructor
211406-01 Sat May 14 9:00-10:30am  Fee: $25
Ages 6-12  Spiegel Center Rm 102

This program equips children ages 6-12 with the knowledge about home alone safety and accident prevention. Participants will learn how to answer the phone and front door safely, basic first aid, become aware of potential household hazards and much more. Participants will go home with a house rules sheet to complete with their family. Participants will role play stranger-danger scenarios to learn how to stay safe. The program will end with a 15 minute question and answer period to ensure each child leaves knowing what to do to stay safe!
First Aid for Kids

EPIC Trainings, Instructor
211416-01 Sat Apr 16 9:00-11:00am Fee: $26
Ages 8-14 Spiegel Center Rm 102

Taught by EMT’s and Paramedics; this course teaches 8-14 year olds the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains and breaks and treatment for heat and cold emergencies. To help participants better understand common medical conditions that their friends may suffer from; we will also cover the following: food allergies, diabetes, seizures and asthma. This course helps meet requirements for many Boy/Girl Scout badges.

Social Networking Safety

EPIC Trainings, Instructor
211415-01 Sat Apr 16 11:00am-1:00pm Fee: $26
Ages 8-14 Spiegel Center Rm 102

While a great resource of entertainment many social networking sites, text messaging or online gaming often put children at risk. Through open discussions, group exercises, written materials and video documentaries participants will be taught the importance of being safe while networking.

Finance & Business

College Assistance Plus

Jim Conti, Instructor
221708-01 Tue Apr 12 7:00-8:00pm No Fee
221708-02 Wed May 18 7:00-8:00pm No Fee
221708-03 Thu Jun 16 7:00-8:00pm No Fee
Ages 30 and up Spiegel Center Rm 102

This seminar will address parents of perspective college students and discuss the college saving options for college selection, application, and financing. In addition, we will cover information relative to students’ essay preparation, interview process, and overall positioning for the college student as they reach their college choices.

Registration is required.

Women and Wealth

Gregory Herbison, Instructor
221712-01 Thu May 19 7:00-8:00pm No Fee
Ages 25 and up Spiegel Center Rm 102

It’s Time to Take Charge of Your Finances.

Has a change in your situation put you in the driver’s seat when it comes to your family’s wealth? Please join us for an informative seminar that will help you in your new role. We’ll discuss key components of both long and short term planning and the building blocks you’ll need to help create an effective strategy. Come to learn, to ask questions and to join with other women who are learning how to take charge of their financial life.

Registration is required.

Register Online at www.townofpittsford.org

Medicare and the Affordable Care Act

Mike Chabalik & Patrick Kelly, Instructors
221715-01 Wed Apr 6 6:30-8:00pm No Fee
Ages 55-64 Spiegel Center Rm 102

This program is a one night class that will deal with the complexities of Medicare. The class will also address the usage of private insurance to cover medical expenses not covered by Medicare - also known as Medigap coverage. The class will discuss the challenges that long term care expenses can have on someone’s assets and the various types of long term care insurance available to protect them. Finally, the class will include a section on the Affordable Care Act, describing how it works in New York. Registration is required.

Savvy Social Security Planning for Boomers

Mike Chabalik & Patrick Kelly, Instructors
221703-01 Wed Jun 22 6:30-8:00pm No Fee
Ages 40 and up Spiegel Center Rm 102

After being told for years that Social Security is “going broke,” baby boomers are realizing that it will soon be their turn to collect. The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This one night course will answer many questions you have including, will Social Security be there for you to receive? How much can you expect to receive? When should you apply? How can you maximize your benefits? How do you best coordinate them with other retirement income sources?

Registration is required.

Fitness, Health & Wellness

Sunrise Yoga on the Canal

Jennifer Hess, Instructor
220306-01 Tue May 31-Jun 24 7:00-8:00am Fee: $90
220306-02 Fri Jun 3-24 7:00-8:00am Fee: $50
220306-03 Tue & Fri May 31-Jun 24 7:00-8:00am Fee: $90
Ages 18 and up Port of Pittsford Park

Wake up with an hour long vinyasa (flowing) class overlooking the beautiful Erie Canal. Celebrate the season with outdoor yoga. Participants are responsible for bringing their own mats, props, and water. Jennifer Hess is an E-RYT 300 hour certified yoga teacher. Some yoga experience recommended (participants are given one extra day within the session for a missed class).

Yoga

Alicia Barnes, Instructor
240378-01 Mon Apr 4-Jun 20 6:15-7:15pm Fee: $75
240378-02 Wed Apr 6-Jun 15 6:15-7:15pm Fee: $75
240378-03 Mon & Wed Apr 4-Jun 20 Fee: $140
Ages 16 and up Spiegel Center Rm 209

Improve your health and fitness with a vinyasa style yoga class taught by Sports Chiropractor and Yoga Instructor, Dr. Alicia Barnes. This class will focus on increasing core strength, flexibility, and spinal stabilization to correct poor posture and promote overall health and well-being. This class is for all levels of yoga, including those trying yoga for the first time.

No class May 30

Register Online At: www.townofpittsford.org
Gentle Yoga
Alicia Barnes, Instructor
240317-01 Thu Apr 7-Jun 16 9:15-10:00am Fee: $75
Ages 16 and up Spiegel Center Rm 209

This class will focus on foundational yoga poses and stretches to help improve flexibility, stability, and strength. This class is for all levels of yoga, some yoga experience is recommended.

Power Yoga
Alicia Barnes, Instructor
240322-01 Thu Apr 7-Jun 16 10:15-11:00am Fee: $75
Ages 16 and up Spiegel Center Rm 209

This program is a quick-moving vinyasa style class to help improve health, athletic performance, and mental acuity. The sessions will blend foundational yoga poses for balance, strength, flexibility, and power in a fitness format.

Family Circus Yoga
Aerial Arts Instructor, Kimberly Fleischhauer
Child Participant
240376-01 Thu Apr 7-May 12 5:45pm-6:30pm Fee: $50
Ages 3-6 Aerial Arts Studio

Giggle and grow in this fun and unique class designed for families. Together, you will enjoy practicing yoga with partner balancing, poses in aerial hammocks, and traditional yoga poses through storytelling and play. Parent/Guardian must be registered with a child.

Aerial Arts Studio is located at 565 Blossom Rd, Suite Z, in Rochester.

Story Time Trampoline
Aerial Arts Instructor, Jennifer Dovidio
210376-01 Tue May 3-24 4:45-5:15pm Fee: $40
Ages 3-6 Aerial Arts Studio

Stories will come to life as your child bounces their way into the shoes of some of their favorite characters. They will stay active and engaged with safely guided movement. You will see their imaginations grow as the enter into the world of Buzzalynn the Bee, Blast off to the Moon with Max the Mouse and even get stuck inside a video game adventure! All children have their own personal trampoline with padded chords.

Aerial Arts Studio is located at 565 Blossom Rd, Suite Z, in Rochester.

Debbie McVeans Aerobics
Debbie McVeans, Instructor
220304-01 1 class Fee: $5
220304-02 ANY 5 classes Fee: $25
220304-03 ANY 24 classes Fee: $45
220304-04 ANY 36 classes Fee: $65
220304-05 Unlimited classes Fee: $75
Mon, Tue, Wed & Fri 9:15-10:25am
Sat 8:30-9:40am
Ages 14 and up Spiegel Center Gym

Take that first step towards achieving your cardiovascular and weight-bearing goals! Come join us for a challenging, yet easy-to-follow workout. Great fun! Great music! The 70-minute total body energizing class includes 40 minutes of high-low aerobics followed by 30 minutes of floorwork focused on toning the upper body, legs, hips, thighs, and abdominals. Bring your own two 2-4 lb handweights and exercise mats. Instructor holds Physical Education degree and has 30 years of fitness instruction experience. Child Care is available through Pittsford Recreation at an additional cost. For more information about Child Care, please call 248-6295. Drop by before any class and talk to Debbie about participating in a free class!

No class May 27-30, Apr 15-16

Boot Camp
Penfield Sport & Fitness, Instructor
220342-01 Tue/Thu/Sat Apr 5-May 14 5:30-6:15pm Fee: $99
Tue & Thu 7:15-8:00am
Sat

Ages 18 and up Penfield Sport & Fitness

This program is a total body workout. Classes include running drills, steps, weights and bands. Let the instructor boot you into shape with different fun and challenging exercises. You will have the option to only use your own body weight. Boot camp is only available one time per year, per person.

Penfield Sport & Fitness is located at 667 Panorama Trail West in Penfield.

New! Find us on Facebook
Cerseau Hoop Fitness-Dance Fit
Keith Moore, Instructor
240341-01 Mon Apr 11-May 23 6:00-7:00pm Fee: $59
Ages 10 and up Spiegel Center Rm 211

Cerseau, pronounced “sir-so”, is French for hoop and translates into an amazing workout. Cerseau Dance Fit is a fully choreographed hoop fitness class that inspires students to dance in their hoops, with accessible dance movements and techniques, which provide a great cardio workout to all hoopers (beginner through advanced). The instructor has a 100% success rate in teaching hoop, and can get you hooping, or rather Cerseau’ing today!

Drums Alive Fitness
Musically Fit Instructor, Susan LoFurno
240356-01 Wed Apr 6-May 25 10:30-11:30am Fee: $100
Ages 12 and up Musically Fit Studio

Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new and unique high-energy aerobic rhythmic workout. Using equipment like exercise balls as drums, drum sticks, noodles, and more, Drums Alive combines movement with the power of drumming. This drumming program is for everyone! Anyone, any age, and any ability can do Drums Alive. It’s a workout for the entire body while also helping reduce stress and creating more mental balance. Come and experience the joy of music, movement, and rhythm which will make you feel like a rock star! Break the rules, open the door, and enter a new dimension of fitness!

Musically Fit Studio is located at 2851 Clover Street, Barn Bazaar Courtyard - Lower Level.

Total Body Fitness
James Creighton & Pete Reminicky, Instructors
220373-01 Sat Apr 9-Jun 25 10:15-10:45am Fee: $99
Ages 16 and up Spiegel Center Gym

Our Total Body Fitness classes are designed to give you a complete workout that will keep your heart rate elevated to a fat burning state throughout the entire session. Although each class lasts only 30 minutes, the intervals of ‘all-out’ intensity are the key in making your body respond, and therefore ultimately create your results. In your 30 minutes of interval training you will be working at maximal load on each station. You will be performing many different exercises that are fun, challenging and definitely not boring. The classes also combine different plyometric, body weight and resistance band training exercises. These sessions have been carefully designed to maximize results through the combination of both anaerobic (strength) and aerobic (conditioning) activities. These movements will keep your muscles in a state of perpetual confusion, in which they will constantly be forced to adapt and grow.

Martial Arts for Youth-Introductory
James Creighton & Pete Reminicky, Instructors
Children’s White Belt Class
210303-01 Tue Apr 5-Jun 21 5:45-6:15pm Fee: $114
210303-02 Wed Apr 6-Jun 22 5:45-6:15pm Fee: $114
210303-03 Tue & Wed Apr 5-Jun 22 5:45-6:15pm Fee: $159
Ages 5-15 Spiegel Center Gym

Designed strictly for new students and current white belts. Our program of the martial arts is an “education-based” curriculum; where character building, leadership skills, goal setting and constant and never ending improvement all play vital roles. This means that in addition to learning traditional techniques of the martial arts, children are also taught the importance of respect, self-confidence, self-esteem and anger management. We strive to provide each student with a positive image on how they behave in the dojo (training hall), home, and school. The introduction program is designed to prepare each student for their yellow belt training, so that they can further their martial arts training in our year round colored belts program. Students are allowed to sign up for more than one night to advance their training if desired. For more information visit www.cgjny.com.

Martial Arts for Youth-Advanced
James Creighton & Pete Reminicky, Instructors
Children’s Yellow & Orange Belt Class
210303-05 Tue Apr 5-Jun 21 6:15-7:00pm Fee: $129
210303-06 Wed Apr 6-Jun 22 6:15-7:00pm Fee: $129
210303-07 Tue & Wed Apr 5-Jun 22 6:15-7:00pm Fee: $189
Spiegel Center Gym

Children’s Green Belt & Above Class
210303-09 Tue Apr 5-Jun 21 7:00-7:45pm Fee: $129
210303-10 Wed Apr 6-Jun 22 7:00-7:45pm Fee: $129
210303-11 Tue & Wed Apr 5-Jun 22 7:00-7:45pm Fee: $189
Ages 6-15 Spiegel Center Gym

COLORED BELTS ONLY. This advanced martial arts for kids program is a continuation of training after completion of Level I introduction to the martial arts for children program. Students signing up for this program must have already achieved their yellow belt in Goshin Jutsu. After building a basic foundation of the martial arts in the introduction program, students in the advanced program are seeking to further their training by learning different colored belt requirements within the curriculum. The main emphasis in this program is to focus on the concept of “constant and never ending improvement.” It is our goal to help students follow through to the rank of black belt and eventually advanced study in the adult curriculum. For more information visit www.cgjny.com.
Martial Arts for Adults
James Creighton, Instructor
220303-01 Tue Apr 5-Jun 21 7:45-8:45pm Fee: $129
220303-02 Wed Apr 6-Jun 22 7:45-8:45pm Fee: $129
220303-03 Tue & Wed Apr 5-Jun 22 7:45-8:45pm Fee: $189
Ages 16 and up  Spiegel Center Gym

The adult program is for anyone who wants to learn how to defend himself or herself and gain confidence in a positive and enthusiastic training atmosphere. We focus our training on developing each individual to their own personal best, by enriching their lives with all of the unique benefits that the martial arts, (Goshin Jutsu) has to offer. We teach this self-defense oriented martial arts class emphasizing the interaction of the striking arts with the jujitsu arts. Our program is year round and allows each student to advance up the ranks to black belt. For more information please visit www.cginy.com.

Martial Arts for Women
Tracy Maggio & Debbie McIlhagga, Instructors
240303-01 1 class/week Fee: $39
240303-02 Unlimited classes/week Fee: $69
240303-03 Instructors/Unlimited Fee: $49
Mon Apr 4-Jun 20 6:00-7:30pm Rm 210
Wed Apr 6-Jun 22 6:00-7:30pm Rm 210
Sat Apr 9-Jun 25 9:30-11:00am Rm 210

Ages 13 and up  Spiegel Community Center
BEGINNER - ADVANCED
Learn martial arts in a non-macho atmosphere. Have fun. Get fit and flexible. Reduce stress. Increase your concentration and self-confidence, and in the process you will acquire real fighting skills. Experienced black belts teach the traditional elements of karate, including kata, kicking, punching, and weapons. Since this is a school for women only there is emphasis on self-defense against attacks in real life situations. Beginners welcome at all classes. No class May 30

Pittsford Nautilus
Andrew Schuler, Owner
240309-01 3 months Fee: $99
12 months Fee: $325
3 months w/ freeze policy Fee: $149
12 months w/ freeze policy Fee: $399
Mon-Thu 5:30am-9:30pm
Fri 5:30am-8:00pm
Sat 7:30am-5:00pm
Sun 9:00am-4:00pm

Ages 13 and up  Spiegel Center Nautilus Area

The Pittsford Nautilus facility includes over 30 separate nautilus exercises and free weights to develop strength and flexibility for the entire body. Fitness equipment includes treadmills, computerized bicycles, rowing machines, Stairmasters, elliptical trainers and Schwinn Air-dynes for cardiovascular development. Individual fitness programs are designed to meet your goals and objectives. Visit us at www.pittsfordnautilus.com or call 248-6298 for more information.

Healing & Transformative Power of Meditation
Usha Shah, Instructor
220329-01 Wed Apr 6-May 4 10:00-11:15am Fee: $50
220329-02 Wed May 11-Jun 8 10:00-11:15am Fee: $50
Ages 18 and up  Spiegel Center Rm 202

Meditation is not just about being quiet nor is it about the absence of challenges; it is about being the witness or observer of one’s life experiences. Through increasing awareness or mindfulness, we learn to transcend the ego self that thrives on drama, pain and suffering. Meditation develops concentration and promotes deep relaxation, with the brain emitting alpha and theta waves. These waves have the power to calm the mind, relax the body, and balance and harmonize the discordant energies within us. When we allow meditation to become a part of our lives, we are in reality reconnecting to the ‘sacred silence’ that resides in us, that inevitably, allows the peace of our soul to affect all parts of life. By incorporating the art of mindfulness into our daily life, the striving and doing that is so much a part of our lives, will pave the way to a new mode of being that emanates inner peace and joy.

QiGong (Chinese Yoga) for Optimum Health
Usha Shah, Instructor
220346-01 Wed Apr 6-May 4 11:45am-1:00pm Fee: $50
220346-02 Wed May 11-Jun 8 11:45am-1:00pm Fee: $50
Ages 18 and up  Spiegel Center Rm 202

QiGong is a mind-body exercise and explores the connection between the mind, body, and spirit. Its gentle movements stretch and strengthen muscles, improve balance and flexibility, and reduce inflammation in joints. This movement helps to improve the circulation of blood and oxygen throughout the body and helps to remove toxins. The session will include slow, controlled, gentle movements that are easy to learn with emphasis on posture and deep breathing.

There’s an Oil for That!
Kathryn Rhodes, Instructor
220371-01 Wed Mar 30 7:00-8:30pm Fee: $12
Ages 18 and up  Spiegel Center Rm 205

Are you ready for a natural medicine makeover? Are you concerned about the chemicals that you are exposing yourself and your family to daily? This class is designed to empower people to take control of their health and wellness by using essential oils. You will learn about the ten most beneficial and versatile essential oils, with detailed information about safety and usage. The class will be focused on first aid, skin issues, digestive issues, colds, injuries, emotional wellness and toxin-free cleaning. In addition, each class participant will go home with oil samples.
Detox Your Home & Body
Kathryn Rhodes, Instructor
220370-01  Tue  Apr 5  7:00-8:30pm  Fee: $15
Ages 18 and up  Spiegel Center Rm 205

Is your home toxic? How many chemicals and cleaning agents in your home cause cancer? Did you know many personal care products contain toxic chemicals? If you are looking to heal your home using 100% plant based essential oils instead of chemicals, then this class is for you. I will teach you which harmful chemicals are commonly used in cleaning and personal care products and offer you safe, natural alternatives. Not only will these essential oil alternatives replace chemicals, but they will heal your home from the inside out with their natural ability to boost immunity, balance emotions and treat minor illnesses. In addition, each class participant will go home with oil infused cleaner.

Women’s Health: Using Essential Oils
Kathryn Rhodes, Instructor
220300-01  Tue  Jun 21  7:00-8:30pm  Fee: $15
Ages 18 and up  Spiegel Center Rm 205

Ladies let’s face it, our systems a bit more high maintenance than our male counter parts, but don’t worry, we can use essential oils to keep us healthy and balanced! The goal of this class is to empower women to take control of their health naturally, and this will be achieved through discussing the use of essential oils for the following: healthy skin, anti-aging, toxin free beauty products, PMS, balancing hormones, reproductive health, digestion, weight loss, libido and mood management. This class is ideal for all types of women and each participant will be able to create their own 2 oz healing body oil infused with the essential oils of their choice.

Remodeling Your Kitchen
Peter Rees, Instructor
220701-01  Thu  May 12  6:30-9:00pm  Fee: $15
Ages 18 and up  Spiegel Center Rm 202

Are you planning to remodel your kitchen? Learn how to plan an efficient kitchen, what to look for in kitchen cabinets, the pros and cons of re-facing versus new cabinets, the advantages of different types of countertops, flooring, sinks and lighting. Learn the elements of basic kitchen design and the best order of having your remodeling work done. Bring all your questions to be answered by a kitchen specialist.

Rain Barrel/Rain Garden Workshop
Caroline Myers Kilmer, Instructor
221022-01  Sat  May 14  10:00 am-11:30am  Fee: $20
Ages 14 and up  Spiegel Center Rm 205

Rain gardens and rain barrels are green infrastructure practices that help reduce storm water runoff to storm drains by collecting and treating rainwater runoff from rooftops. Come and build a rain barrel for your yard! Connect your rain barrel to a gutter downspout, collect rainwater, and conserve tap water by using the rainwater on your landscaping. You will make and take home your own 55 gallon rain barrel. You will also learn all about rain gardens including; what they are, how to design them, what types of plants to use, and how to install them in your yard. All materials will be supplied at the workshop.

Private Piano Lessons
Beth Werner, Instructor
240501-01 Fri  Apr 8- May 27  2:30-3:00pm  Fee: $180
240501-02 Fri  Apr 8- May 27  3:00-3:30pm  Fee: $180
240501-03 Fri  Apr 8- May 27  3:30-4:00pm  Fee: $180
240501-04 Fri  Apr 8- May 27  4:00-4:30pm  Fee: $180
240501-05 Fri  Apr 8- May 27  4:30-5:00pm  Fee: $180
240501-06 Fri  Apr 8- May 27  5:00-5:30pm  Fee: $180
240501-07 Fri  Apr 8- May 27  5:30-6:00pm  Fee: $180
240501-08 Fri  Apr 8- May 27  6:00-6:30pm  Fee: $180
240501-09 Fri  Apr 8- May 27  6:30-7:00pm  Fee: $180
240501-10 Fri  Apr 8- May 27  7:00-7:30pm  Fee: $180
240501-11 Fri  Apr 8- May 27  7:30-8:00pm  Fee: $180
Ages 5 and up  Spiegel Center Rm 202

An experienced and fun teacher will instruct on how to begin enjoying playing the piano. You will learn the basics of piano and music theory. Each student will progress as far as they are able during the 8-week session.

Theater Games
Edward Rocha, Instructor
210510-01 Sat  Apr 16  1:00-3:00pm  Fee: $25
210510-02 Sat  May 21  1:00-3:00pm  Fee: $25
Ages 6-14  Spiegel Center Rm 211

Looking for something to do? Come join us for a two hour class that will be packed with fun and excitement .Theatre games help students enhance skills in voice, movement and in thinking on their feet. These games are exercises designed to teach a skill that can be used on stage (and in real life too!). Students in this class will have fun learning theatre skills while laughing and creating. Besides all of the valuable benefits, theatre games are also a ton of fun. Wear loose fitting clothes and shoes you can move in.
Treasure Trunk Theater
Edward Rocha, Instructor
210511-01 Thu Apr 7-May 5 1:00-2:00pm Fee: $50
Ages 2-5 Spiegel Center Rm 211

Our treasure trunk provides the dramatic focus for each class; it conceals something mysterious and exciting! We open the trunk to discover the spark that inspires that day’s interactive adventure. Each day’s adventure also ties into the session-long story that we create while simultaneously playing all the characters. We will learn how to band together as an ensemble using voice, body and imagination to overcome a myriad of dramatic challenges. Wear loose fitting clothes and shoes you can move in.

Story Drama
Edward Rocha, Instructor
210512-01 Thu May 12- Jun 9 1:00-2:00pm Fee: $50
Ages 2-5 Spiegel Center Rm 211

In this class, we take selected children’s books* and use them as the base for a dramatic exploration. Students will create new characters and dramatic situations in which we work together to overcome all sorts of challenges, while using the stories as inspiration. Props and costumes will be used to further enhance our sensory experience of the story. Come experience some great stories with us this Winter! *NOTE: New stories are used each session. Wear loose fitting clothes and shoes you can move in.

Curtain Up, Light the Lights!
Edward Rocha, Instructor
210513-01 Tue May 17- Jun 14 5:00-6:30pm Fee: $75
Ages 6-14 Spiegel Center Rm 211

Class includes instruction in acting, singing, dance, performance & more. In addition there are fun, creative theater games and improvisations to help develop skills and to encourage students to stretch their abilities as young actors. Students will learn standard songs and choreography, and are also encouraged to create their own original work. The session ends in a performance for family and friends. Wear loose fitting clothes and shoes you can move in.

Making a Musical
Edward Rocha, Instructor
210514-01 Thu May 19- Jun 16 5:00-6:30pm Fee: $75
Ages 6-14 Spiegel Center Rm 210

Making a Musical is an outlet for using creativity in expression, and growing in a nontraditional learning environment. Students will experience active learning through hands-on discovery, field experiences, and reflection through written and oral discussion. Students work with the director to create their own story and characters, write scenes, lyrics and musical themes of songs. The young actors work with the director, voice coach and choreographer to put together the show. When all the pieces come together, the result will be a weekend of world-premiere performances! Wear loose fitting clothes and shoes you can move in.

Peter Pan
Edward Rocha, Instructor
210515-01 Fri Apr 8-Jun 17 5:30-7:00pm Fee: $150
Sat Apr 16-May 21 3:00-5:00pm
Ages 6-14 Spiegel Center Rm 211

Everyone who registers will receive a part in the show!!! Have your child join us to be a part of the classic story and fascinating adventure of Peter Pan. Children will learn new theatrical skills while building on their current abilities as well as make new friends and learn the value of team-work. The program will culminate in a full stage production complete with costumes, sets, lights and choreography. Tuition covers costumes, sets and props. In Neverland, children stay young forever, pixie dust lets you fly, and directions like “second star to the right, and straight on ’til morning!” will help you on your journey. In this musical adaptation of J.M. Barrie’s Peter Pan, mischievous Peter leads Wendy, Michael, and John to this magical land where he flies rings around the villainous Captain Hook and forever thwarts adulthood. But when Captain Hook and his band of pirates capture Wendy and her brothers, it’s up to Peter to save the day. Fortunately, he has his Tinker Bell and the Lost Boys to back him up, and the old pirate has a crippling fear of the crocodile that took his hand. Wear loose fitting clothes and shoes you can move in.

Melody Kids
Brenda Lincoln, Instructor
211301-01 Fri Apr 8-May 13 10:00-10:45am Fee: $30
211301-02 Fri May 20-Jun 24 10:00-10:45am Fee: $30
Ages 1-3 with an adult Spiegel Center Rm 205

This class is created for young children to explore the world of music. They will sing, dance, play simple instruments such as egg shakers, bells and rhythm sticks all while using their imagination. Join Miss Brenda for this fun musical program.
Wiggles, Giggles and Jiggles
Lisa Magliato, Instructor
240398-01 Mon Apr 4-May 2 11:30am-12:30pm Fee: $55
240398-02 Mon May 9-Jun 13 11:30am-12:30pm Fee: $55
Spiegel Center Dance Studio
240398-03 Thu Apr 7-May 5 10:00-11:00am Fee: $55
240398-04 Thu May 12-Jun 9 10:00-11:00am Fee: $55
Ages 2-4 (with caregiver) Spiegel Center Gym
Come Wiggle, Giggle and Jiggle with Miss Lisa! This fun class incorporates the use of gym equipment, parachute, scooters, instruments, music, and much more! This is a great Preschool and Kindergarten readiness class. Weekly theme with fun movement activities and songs that promote gross motor skills, following directions, and social interaction for both child and caregiver! A peanut free snack provided! Sneakers recommended. Join the fun! No class May 30

Preschool Picassos & DaVincis!
Mary Slaughter, Instructor
211313-01 Thu Apr 7-28 12:40-1:25pm Fee: $38
211313-02 Thu May 5-26 12:40-1:25pm Fee: $38
Ages 3-6 Spiegel Center Rm 202
Creative kids like you will explore color and texture and ingenuity! In these classes we will paint, sculpt and create artwork using materials from inside as well as the great outdoors! Try painting with pine needles and coloring with flowers! What can you do with rocks in a box? Come find out! New projects daily. Each of the 4-week sessions is unique. $5 fee for materials payable at first class. Smocks recommended. Children attending Tumbling Tigers class at 1:30 will be escorted by teacher.

Sculpting, Stories & Scripts!
Mary Slaughter, Instructor
211316-01 Tue Apr 5-26 12:40-1:25pm Fee: $38
211316-02 Tue May 3-31 12:40-1:25pm Fee: $44
Ages 3-6 Spiegel Center Rm 202
This is an “Art-in-Action” class features creative art projects using clay, paints and much more based on loveable children's stories. Using our imaginations and boundless energy, we will also be acting out some of the fun characters we learn about each class! New projects in each session so come for both! Children attending the DYNAMO SPORTS class at 1:30 will be escorted by the teacher.

Preschool Adventures
Sherry Murray, Instructor
211314-01 Wed Apr 6-27 10:00-11:00am Fee: $50
211314-02 Wed May 4-25 10:00-11:00am Fee: $50
Ages 2-5 with an adult Spiegel Center Rm 205
Preschool Adventures is a unique class that is designed as a non-stressful way for children to be introduced to the preschool experience. Each week is centered on a theme. The class begins with a story to introduce the children to that day's lesson. Often we have finger-plays or a song at this time as well. Then the child and their adult will rotate through 4-5 tables which contain age appropriate crafts and activities. Everything is open ended and creative, as well as relates back to the day's theme. We close with a large motor activity and the goodbye song. Students will be able to practice listening to a teacher, following directions, and using classroom materials in a fun environment with their parent present. Please wear sneakers and a smock or old clothes.

S.T.E.A.M. Foundations
Progressive Early Learning, Instructor
210433-01 Fri Apr 8-29 9:00-10:00am Fee: $45
210433-02 Fri Apr 8-29 11:00am-12:00pm Fee: $45
210433-03 Fri May 6-27 9:00-10:00am Fee: $45
210433-04 Fri May 6-27 11:00am-12:00pm Fee: $45
210433-05 Fri Jun 3-24 9:00-10:00am Fee: $45
210433-06 Fri Jun 3-24 11:00am-12:00pm Fee: $45
210433-07 Sat Apr 9-30 10:00-11:00am Fee: $45
210433-08 Sat Apr 9-30 11:30am-12:30pm Fee: $45
210433-09 Sat May 7-28 10:00-11:00am Fee: $45
210433-10 Sat May 7-28 11:30am-12:30pm Fee: $45
210433-11 Sat Jun 4-25 10:00-11:00am Fee: $45
210433-12 Sat Jun 4-25 11:30am-12:30pm Fee: $45
Ages 2-5 with an adult Spiegel Center Rm 202
This class provides a fun, meaningful, and relevant playful learning experience for young children. We provide materials and activities that lay the foundation for S.T.E.A.M. learning: science, technology, engineering, arts & math. Children will learn concepts and practice skills through hands-on exploration and play, such as creative problem solving, critical thinking, self-regulation, pre-math and science, sensory experience, construction, and more! We provide experiences with blocks and loose parts, process oriented art, sensory and science, dramatic/pretend play, and language and literacy. Class size is limited so sign up today!

Parent & Tot Open Gym
211207-01 Mon, Tue, & Fri Apr 4-Jun 24 10:45am-12:00pm No Fee
Ages 2-5 Spiegel Center Gym
Pittsford Recreation invites parents and their little ones to share an open gym time at the Spiegel Community Center. We will provide the equipment and you provide the fun! This drop-in program is designed to give children time to socialize and use their gross motor skills. This is an open gym for parents and/or caregivers to play with their children in a stimulating environment. Children are encouraged to bring their favorite toy and explore at their own pace and desire. Parent or caregiver must be present during the entire playtime. Instruction/supervision is not provided.
Registration is required.
No class April 18, May 30
PITTSFORD SENIOR CITIZENS is sponsored by the Town of Pittsford, Department of Senior Citizens, for retired residents or those 50 years of age and over. There are NO fees for membership. The Pittsford Senior Center is open Monday through Friday 9:00am-3:30pm. We hope you will come and spend time with us either by joining one of our programs, or just stopping in to meet your friends or make new ones. Our monthly newsletter is available at the Senior Center. Those wishing to have the newsletter mailed are asked to contribute $6.00 per year to help defray postage.

Weekly meetings are held on Tuesdays at the Senior Center at 12pm for lunch. Lunch is followed by a program presentation. Participants may stay to play cards and other games until 3:30pm.

CRAFT GROUP
Meets each Friday from 10:00am-11:30am to work on crafts for upcoming events and for donations to various local charities.

LUNCH CLUB 60 NUTRITION PROGRAM
Mondays, Wednesdays & Fridays. Lunch is served at 12:00pm. The Nutrition Program offers an opportunity to share in a hot meal, partake in social activities, and maintain a quality of life that older adults age 60 or over so richly deserve. Suggested contribution for this lunch is $3.00 per person. This program provides nutrition screenings, assessment, education and counseling to help older participants meet their health and nutrition needs. We will provide transportation to and from the Pittsford Senior Center. Please call 248-6235 to make a lunch reservation and/or sign up for transportation.

MEN’S AND LADIES’ GROUP
Pittsford Senior Citizens sponsors a Men’s and Ladies’ Group. Topics and times vary – see the calendar for the schedule.

SQUARE DANCING WITH JERRY CARMAN
Jerry teaches the basics of square dancing including a mixture of traditional and modern styles. Class meets Fridays, 1:30pm-2:30pm.

LINE DANCING – with Will Herzog
Beginner Class meets Wednesdays from 9:00-10:00am. Advanced Class meets Wednesdays from 10:00-11:00am. Fun, entertaining, and a great source of exercise!

ZUMBA GOLD CLASS – WITH MICHELLE
Classes meet Mondays & Thursdays, 10:30-11:15am. Exercise that’s fun, easy, and effective – no dance or exercise experience needed for this Latin inspired dance fitness program! Modified for the active older adult or beginner participant. Can be done on your feet or in a chair.

TAI CHI FOR ARTHRITIS - WITH DONNA EVESKY
Tai Chi for arthritis meets on Thursday from 1:00-2:00pm. A gentle form of Tai Chi specifically developed for people with arthritis. Improves balance, breathing and relaxation.

ARTHITIS SENIOR FITNESS – WITH PAT ROSE
Classes meet Mondays and Wednesdays from 10:00-11:00am. This is a gentle motion exercise program to keep your joints flexible.

YOGA-FIT FOR SENIORS – WITH DONNA KAWCZYNISKI
Mondays, 11:10am-12pm & Fridays, 9:00-9:50am. Come try this ancient form of body rehabilitation called yoga. Yoga helps to regain strength, tone and flexibility in a nurturing, gentle atmosphere.

NIA: MIND-BODY-SPIRIT FITNESS WITH RHONDA WRIGHT
NIA: Non-Impact Aerobics. Classes meet Mondays 9:00-10:15am. Wear loose-fitting clothing and bring a mat or towel for floor stretching. NIA is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts.

BALANCE CLASS
Our Instructor is Dr. Ron Wood, owner of Clover Physical Therapy, PC. Every third Monday of the month, 1:15-2:00PM. Exercises to help improve strength, mobility and balance can help you stay active and prevent falls.

FELDENKRAIS METHOD EXERCISE CLASS
First two Wednesdays of each month at 11:15am. Improves posture, coordination, flexibility and suppleness. Moreover, Feldenkrais alleviates pain by minimizing physiological and psychological stress associated with restricted functions. Our instructors are Staffan Elgelid PT, GCFP, Ph.D. and Fred Onufryk, MS, PT.

EUCHRE CLASSES FOR BEGINNERS
Mondays, 12:30pm-2:00pm. Come and spend time with our enthusiastic euchre players and make new friends.

All exercise, dance and fitness classes are free to Pittsford residents, and $3.00 for non-residents. All are welcome!
PYS is a unique and important resource for the Pittsford community. We are a not-for-profit human service agency that provides Free & Confidential social work and counseling services to youth, ages 5 to 21 years old and their families, who live, attend school, worship, or work in the Town of Pittsford.

Staff consists of New York State Licensed Social Workers (LMSWs). Services are provided at all Pittsford School District buildings, St. Louis School and the PYS office.

Our programs and services include:
- Individual Counseling
- Group Counseling
- Family Counseling
- Prevention Education
- Parent Education

To learn more, call or write to us at:
(585) 248-6299
or by e-mail at pys2486299@aol.com

Spiegel Community Center, Room 208

AARP SMART DRIVER CLASS
April 7 & 14; May 12 & 19; June 9 & 16
Classes meet at the Pittsford Senior Center from 9:00AM-12:00PM. Cost is $20.00 for AARP members, $25.00 for all others. Call 248-6235 for a reservation.

FREE AARP TAX PREPARATION
Fridays from 9:00AM-2:00PM through April 8.
Quality volunteer run assistance and preparation service that can transmit your return directly to the IRS. Call 248-6235 for an appointment.

STEIN MART FASHION SHOW & TEA LUNCHEON
Tuesday, May 17, at 12:00PM.
Enjoy Stein Mart’s new spring fashions modeled by our lovely senior ladies and handsome senior gentlemen. Our tea luncheon will include finger sandwiches, pastries and other delicious treats. Cost per person $8.00 by May 13.

SPRING PICNIC
At beautiful King’s Bend Park on Tuesday, June 7, at 12:00PM. Enjoy hamburgers, hot dogs, salads, baked beans, beverages. The Women’s Club of Pittsford will prepare delicious strawberry shortcake for dessert! We will play bingo after lunch. Cost per person $6.00 by June 3.

ELDERBERRY EXPRESS
Senior Citizen Center
(585) 248-6237
Need to get out of the house?
Call Elderberry Express!

Elderberry Express provides transportation to the senior citizens of Pittsford for the following:
- Pittsford Senior Meeting - Tuesdays
- Shopping at Wegmans & Pittsford Plaza - Wednesdays
- The individual’s choice: any weekday doctor, dentist, bank, friend, beauty salon, etc.

A donation per trip is appreciated but not required.

Volunteer Drivers Needed
From Our Children’s Librarians
Jeanne Steinbrenner and Vinise Brobov

Take advantage of one or several of these upcoming children’s/family programs at the library:

**Make and Take Craft** – Drop in between 5:00 and 8:00 p.m. on the first Monday of each month through June. There will be craft supplies and instructions available in our Storytale Room. For all ages. No registration required.

**Lego Club** – For ages 5-10. Register to be part of Miss Vinise’s Lego Club. Meets from 6:30 to 7:30 p.m. on 3/24, 4/21, and 5/19. Each month, kids will be given a challenge to complete, or they can explore their creativity with free build play. Registration required.

**Airplay** - 7 p.m. on March 31. Airplay features fast-paced juggling, unicycling, acrobatics, and a bottomless bag of tricks. It’s guaranteed fun for the whole family. For all ages. No registration required.

From Our Tween & Teen Librarian
Laura Herold

**Tween and Teen Community Service**

*Twice a month in the Teen Place, 3:30—4:30pm*

Earn community service hours by helping out at the library! For tweens and teens in grades 6-12. Registration required.

Come to the library’s Teen Place for books by the authors that will be at this year’s Teen Book Festival, Saturday, May 14 at Nazareth College. It’s free to attend and fun to meet all the YA authors!

From Our Adult Programs Librarian
Mary Ann Clark

Join one of our new Saturday morning knitting classes with master knitter and teacher, Tina Turner.

Butterfly expert and gardener Carol Southby will present a series of gardening lectures in April and May.

We are celebrating Scottish American Heritage month and Shakespeare’s 450th anniversary in April. Join us for a bagpipe concert, Shakespeare’s Readers Theatre and an armchair travelogue to the Highlands of Scotland by Christy Simons.

Look for Sunday Afternoon Concerts featuring students from Eastman School of Music, April 3 & 10, and musicians from the GVOC under the direction of Dr. Christopher Petit, April 24.

**Historic Pittsford** will present a program about our community’s heritage on May 15.

We continue to offer our monthly book club meetings, movie showings and technology classes here at your community library!
Within the Pittsford Town limits, there are nearly 80 miles of recreational and public pathways, including over 42 miles of trails and access ways and over 37 miles of sidewalks. Our pathways provide walkers, hikers and cyclists interesting destinations, quiet seclusion, and an enjoyable means to get some fresh air and exercise. Please visit www.townofpittsford.org/trails_and_walkways for more information on interactive maps of 10 suggested routes utilizing several of our trails and sidewalks.

HOLD YOUR SPECIAL OCCASION AT KING’S BEND PARK

The park, designed for family and neighborhood use, features two enclosed lodges and restrooms. Open lawns, shaded areas, picnic facilities, walkways, playground facilities and park benches are located alongside the North and South ponds. Amenities for both lodges include electric fireplace, furnace, ceiling fans, picnic tables and benches, sinks, stoves, refrigerators and coat closets. For more information please contact Julie Donnelly at 248-6280.

King’s Bend Park Lodge Fees:
• South Lodge - Accommodates 50 people
  Residents $125.00 • Non-residents $200.00
• North Lodge - Accommodates 99 people
  Residents $150.00 • Non-residents $250.00

Reservation Packets are available:
• Spiegel Community Center, 35 Lincoln Ave.
• Pittsford Town Hall, 11 S. Main St.
• Pittsford Community Library, 24 State St.

Online Reservations:
• Available at www.townofpittsford.org
  Click on “Facilities Reservations”
This brochure is printed on recycled paper.

**Pittsford Rotary’s Annual Kids’ Trout Fishing Derby**
Saturday, May 14 • 9:00-11:00am

**13th Annual Pittsford Triathlon**
Sunday, June 5 at 7:00am

**PADDLE and POUR**
Community Festival
Saturday, May 28 • Starts at 12:00pm

**Memorial Day Parade**
Monday, May 30 at 10:00am

**Summer Concert Series**
Turn to Page 5 for more info

**Family Outdoor Movie Nights**
- Thursday, July 21: Inside Out
- Thursday, Aug 4: Star Wars
- Thursday, Aug 18: Zootopia

Movies start at DARK • Sutherland High School