



TOWN OF  
**VICTOR**  
NEW YORK

# PARKS AND RECREATION

www.victorny.org • Phone: 742-0140 • Fax: 742-0142

*Winter 2016*

## RECREATION | BROCHURE

REGISTRATION BEGINS NOVEMBER 30

# WINTERFEST

### JOIN US IN CELEBRATING OUR NEW HOME AT WINTERFEST!

Bring your family and friends out to the New Victor Recreation Center, 7891 Lehigh Crossing to enjoy the 3rd annual Winterfest. Try your skill at various outdoor activities such as x-country skiing, and snowshoeing. Enjoy various musical performances, inflatables, pony rides and other fun activities. Fireworks will cap off our winter celebration. Hot cocoa, coffee, and light refreshments will be provided by the Parks and Recreation Department.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**FEE:** Donation of non-perishable food for  
Victor Farmington Food Cupboard

**DATE:** Saturday, 2/13/16

**TIME:** 1:00 – 6:00 PM

#### Winterfest/Open House Schedule of Events

1:00 – 2:30 PM • Everhart

1:00 – 3:00 PM • Inflatables in the Gymnasium

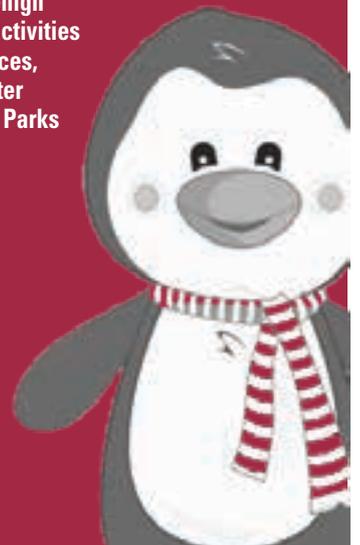
1:00 – 3:00 PM • Roscoe the Clown

2:00 PM • Outdoor Demonstration—FLCC Woodsmen Team

2:30 – 4:00 PM • Pony Rides

3:30 – 5:00 PM • Family Concert Mr. Loops

6:00 PM – Fireworks



# 2016



## Leisure Lines from the Director of Parks and Recreation...

I hope this note finds you enjoying the transition from fall to the holiday season in our Finger Lakes community. The New Year will bring change to our Department as we will relocate our offices and recreation space to 7891 Lehigh Crossing, which is located off County Road 42 (Wangum Road). The Department recently obtained a lease agreement on a (15,000) square foot facility constructed specifically for our recreation program. The finishing touches on this new facility are being completed as our Winter Parks and Recreation Brochure reaches your doorstep and we are scheduled for a January 1st move in date.

The Victor Recreation Center will feature a gymnasium, multi-purpose rooms, and outdoor play space and house our administrative offices and registration area. The building is a quick stroll away from Fishers Park and the Lehigh Valley Trail system! The center will enable us to expand many of our current youth, adult and senior citizen programs and provide us with the opportunity to develop many new program areas, which were lacking due to indoor space constraints. While we will still operate some of our popular recreation programs on the campus of the Victor Central School District, the recreation center will create efficiencies for our participants and our recreation leadership staff.

Keep an eye out for information about our Winterfest/Open House which we will host February 13, 2016 and feel free to touch base with our staff with any questions or needs that you may have as we make this transition. We are always looking for suggestions on how to make the Quality of Life in Victor better; if you have a suggestion for a new activity or a way to make our park facilities more appealing, drop a note in the Comment Box located in the registration area at our office!

Inside the pages of this seasonal brochure, you will find detailed information about our "new" Saturday swim lessons, the Holiday musical classic "A Christmas Carol" presented by Peggy Zorn and her talented Victor community theater cast and crew as well as activities to keep children active during the President's week and spring recess days. If you are looking to host a family party, neighborhood gathering or special event in one of our park facilities in 2016, please reserve your lodge or picnic shelter date early.

We are looking forward to showing you around the Victor Recreation Center at 7891 Lehigh Crossing and trust that you will find many activities and leisure time experiences to help you enjoy your stay!

All the Best,  
Brian C. Emelson, CPRE



# SPECIAL EVENTS

## THE FOLLOWING CHRISTMAS SPECIAL EVENTS ARE SPONSORED IN PART BY:



### THANK YOU FOR YOUR SUPPORT!

#### 4TH ANNUAL CHRISTMAS IN THE VILLAGE OF VICTOR

Santa Claus is coming to town...in cooperation with the Parks and Recreation Department, Victor Chamber of Commerce, and Five Star Bank. Join your family and friends for a holiday celebration with music, food, costumed characters, activities, all situated throughout downtown Victor. Santa and Mrs. Claus will light the tree at Mead Square Park at 5pm. Look for special coupons and maps.

**LOCATION:** Main Street Victor  
**AGES:** Families are welcome  
**FEE:** FREE  
**DAY/DATE:** Saturday, 11/28/15  
**TIME:** 10:00 AM – 5:00 PM

#### TEA AND COOKIES WITH MRS. CLAUD

Enjoy a fun and enjoyable time hanging out with Mrs. Claus. You will have snack and a drink and enjoy a fun craft. Lots of Christmastime fun!

**LOCATION:** Victor Methodist Church, 106 E. Main Street  
**AGES:** Children ages 7 – 12 years of age  
**FEE:** \$7 per child  
**DAY/DATE:** Saturday, 11/28/15  
**TIME:** 2:00 – 3:00 PM  
**PROGRAM #:** V1115TC

#### WINTER MUSICAL – A CHRISTMAS CAROL

Victor Parks and Recreation is pleased to announce the 2015 winter musical production of "A Christmas Carol". The music for this stage production is based on the movie "The Muppets Christmas Carol".

**Performances:** Friday 12/4 @ 7:30 PM  
Saturday 12/5 @ 12:00 PM, 3:00 PM and 7:00 PM  
Tickets are \$5 at the door.

#### VICTOR COMMUNITY BAND AND CHORUS CHRISTMAS CONCERT

Come listen to wonderful sounds of the Victor Community Band and Chorus.

**LOCATION:** Eastview Mall near the Food Court  
**DAY/DATE:** Wednesday, 12/16/15  
**TIME:** 7:30 PM



## Register Online

It's only a point and click away at [www.victoryny.org](http://www.victoryny.org)

#### ICE SKATING SHOW

**LOCATION:** Greater Canandaigua Civic Center (GCCC), 250 N. Bloomfield Rd, Canandaigua  
**DATE:** Sunday, December 20, 2015  
**TIME:** 5:00 PM  
Call 742-0140 for more information.

#### JELLY BEAN GUESSING CONTEST

A large jar of jelly beans will be placed in the Victor Free Library. Guess the number of beans in the jar, fill out the form and place it in the box. Winner receives the jar and a small gift. Children ages 4 – 12 years eligible to participate. Contest is available from 2/8 – 3/18/16.

#### EASTER EGG HUNT

On Saturday, March 12 at 10:00 AM the Easter Bunny will be making a visit to Victor. Come join him and Victor Parks and Recreation at fields 19, 20, 21, 22 behind the Victor Primary School for a fun filled event. Dress appropriately for the weather. Children ages 3-4, 5-6, 7-8, and 9-11 are eligible to participate. No registration is necessary. In addition, join the Victor Lions Club and the Easter Bunny for the Annual Breakfast with the Easter Bunny. It takes place in the Primary Café from 8:30 – 11:00 am. All proceeds go to the Victor Lions Club.

#### 5TH ANNUAL WEEK FOR HONOR FLIGHT

Join merchants, service organizations, and Victor residents as they raise money for our True American Heroes. Honor Flight Rochester flies, WWII, Korean, and Vietnam era military veterans to Washington DC to see their memorials. Take the time to shop at participating vendors, buy raffle tickets, or just donate to this worthy cause. Through the past 4 years of this fundraiser, over \$50,000 has been raised and 100 veterans have been able to take part in this once in a lifetime trip. This year's event takes place Friday, May 6 through Friday, May 13. Look for information on how you can help. For more info on Honor Flight Rochester go to [www.honorflightrochester.org](http://www.honorflightrochester.org). Join the Town of Victor as we support our REAL LIFE HEROES!

#### PANCAKE BREAKFAST IN THE WOODS – 4TH ANNUAL

Bring the family to Victor Municipal Park for breakfast among the trees and wildlife! The menu includes delicious pancakes served hot off the griddle with syrup, sausages, and beverages. Enjoy breakfast enhanced by the morning sites and sounds of the great outdoors; and then take a fun ride on a pony! This program is held in cooperation with Denny's and will benefit Victor's Relay for Life efforts! Advanced tickets are recommended and can be purchased at the Recreation Office, Victor Recreation Center, 1891 Lehigh Crossing

**LOCATION:** Victor Municipal Park Lodge, 6680 Papparone Drive, off of Brace Road  
**AGES:** For all ages  
**FEE:** \$7adult & \$4 children under 10  
**DAYS/DATES:** Saturday, 5/7/16  
**TIME:** 8:30 AM – 10:30 AM  
**PROGRAM #:** V516PB

# SPECIAL EVENTS

Special Events

## MEMORIAL DAY PARADE

Our veterans who have paid the ultimate sacrifice are honored each year on Memorial Day. The Town of Victor and The American Legion James Cooke Post 931 honor those veterans with the annual Memorial Day Parade. The parade winds through Victor from the VCS campus to the Village of Victor parking lot followed by a poignant ceremony. Please come down to Main Street to pay respects to those who have paid the ultimate sacrifice for freedom. If you are interested in marching in the parade, please contact Mike Stockman, 585-742-0147.

**WHEN:** Monday, May 30, 10 AM sharp start

## VICTOR COMMUNITY BAND SPRING CONCERT

Come listen to wonderful sounds of the Victor Community Band and Chorus.

**LOCATION:** St. Patrick's Church, Community Room,  
115 Maple Avenue

**DAY/DATE:** Saturday, 3/12/16

**TIME:** 12:00 PM

# FAMILY PROGRAMS

Family Programs

**NEW!**

## PICNIC PLAY PACKS AVAILABLE

Let the Department of Parks and Recreation help you organize the field games for your next family gathering or party in the park! Our convenient Picnic Play Packs include a variety of balls and sporting goods equipment, a bocce set and a set of horseshoes. These are available for rental at the Parks and Recreation Department main office for \$15.00 Call (585) 742-0140 for availability.

## BIRTHDAY PARTIES (JANUARY – JUNE, SEPTEMBER - DECEMBER)

Do you want to have your party with your friends at Victor Parks & Recreation? Package does not include cake. We offer 2 birthday party packages: Silver and Gold. The silver party includes 2 staff, 2 rooms with games and activities. The gold party includes 2 staff, 2 rooms, games and activities, paper products and utensils, tablecloths, 1 sheet pizza, and drinks. 2 parents required to stay and help with supervision.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** All

**INSTRUCTOR:** VPR Staff

<b>TYPE:</b>	<b>FEE:</b>	<b>PROGRAM#:</b>
Silver:	\$100/\$105 non-residents for child and 12 friends	Silver2016Winter

	Additional children at \$5 each.	
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Gold:	\$140/\$145 non-residents for child and 12 friends	Gold2016Winter
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Additional children at \$5 each  
*(Includes paper products and utensils, tablecloths,  
1 sheet pizza, drinks)*

**DATES:** Call for availability 742-0140

Please register at least (1) week in advance.  
Payment expected to hold your spot.

**DAYS/TIMES:** Saturdays, 1:00 – 3:00 PM or 4:00 – 6:00 PM

Sundays, 1:30 – 3:30 PM or 4:30 – 6:30 PM

\*\* Ask about Dance Party option with Miss Sharon.

## COMMUNITY BAND

Dust off your musical instrument and join Victor's group of talented musicians. Family groups are welcomed. No auditions are necessary. Call Victor Parks & Recreation for more information (742-0140).

**LOCATION:** Victor Intermediate School Band Room, 953 High Street

**AGES:** Open to all ages

**INSTRUCTOR:** Paul Mangiamele

**FEE:** Free

**DAYS/TIMES:** Wednesdays, 7:00 PM

**DATES:** Ongoing

## COMMUNITY CHORUS

If you enjoy singing, this is the program for you. Call Victor Parks & Recreation for more information (742-0140).

**LOCATION:** St. John's Lutheran Church, 888 Victor Egypt Road

**AGES:** Open to all ages

**INSTRUCTOR:** Mary Ann Buneo

**FEE:** Free

**DAYS/TIMES:** Tuesdays, 7:00 PM

**DATES:** Ongoing

## VICTOR ART CLUB

Join other adults who want to share their talent, learn different techniques, meet new people, and grow the art community in Victor. The group meets the 1st and 3rd Tuesdays of the month. During the meeting demonstrations are given in different art disciplines and techniques. Enjoy the company of others who share your passion. For more information just stop by a meeting or call our office at 585-742-0140.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults 18 and over

**FEE:** Free

**DAY/DATE:** 1st and 3rd Tuesday evenings of the month

**TIME:** 7:00 PM

# FAMILY PROGRAMS

## VPR COMMUNITY GARDEN

Join us for our second season of growing. There will be a limited amount of 10x10 plots available for planting. The garden is located at MaryFrances Bluebird Haven on Victor Egypt Road. You can plant whatever you like. There is water available and the plots will be tilled and ready to go for the planting season which is usually early May. The plots are on a first come first served basis so hurry and get yours soon. Contact Mike Stockman 742-0147 for more information.

**LOCATION:** MaryFrances Bluebird Haven, 235 Victor Egypt Road  
**FEE:** \$38/\$43 non-residents  
**PROGRAM #:** 2016 Garden

## VICTOR HIKING TRAILS WINTER HIKES

### Saturday, December 12th

Hike the new trails at the north end of Ontario County Park. Meet at Victor Town Hall at 9:00 AM to carpool to the park.



### Saturday, January 9th

Mendon Ponds

### Saturday, February 13th

Fishers Park/Domine & Auburn Trail

### Saturday, March 12th

Dryer Road Park

### Saturday, April 9th

MaryFrancis Bluebird Haven/Monkey Run Trails

### Saturday, May 14th

Boughton Park

### Saturday, June 4th

National Trails Day Hike

### Saturday, June 11th

Mendon Ponds Hike/ADK Expo

Check the Victor Hiking Trails website for more information about where and when to meet for individual hikes: [www.victorhikingtrails.org](http://www.victorhikingtrails.org)



## LEARN TO SKATE OPEN HOUSE

Start the skating season off right, the GCCC will be holding an open house. Come join the fun and try us out! Please RSVP Pamela Warren at Gr8t2sk8t@yahoo.com or call 585-396-0628. You must pre register by Monday, 12/28/15.

**LOCATION:** Greater Canandaigua Civic Center (GCCC), 250 N. Bloomfield Rd, Canandaigua

**AGES:** All

**INSTRUCTOR:** Pamela Bossar Warren & Friends

**FEE:** Free Lesson and Free Skate Rental

**DAY/DATE:** Wednesday 12/30/15

**TIMES:** 6:00 – 8:00 PM

## SNOWSHOE DEMO DAY

Find out how much fun winter can be at our demo day in conjunction with Winterfest 2016! Snowshoeing is a great aerobic exercise and will get your heart pumping – you definitely won't be cold doing activity, no matter what the temperature is outside. It's a fun way to get in shape and enjoy the outdoors during the winter months. Snowshoeing is a lifetime sport that the whole family can enjoy! Bring ski poles if you have them, dress in layers, and wear warm winter boots.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** All

**INSTRUCTOR:** Nicole Fulle & VPR Staff

**FEE:** \$7/\$10 non-residents

**DAY/DATE:** Saturday, 2/13/16

**TIMES:** 12:00 – 1:30 PM

**PROGRAM #:** NF216SD

## FAMILY INDOOR MINI GOLF

Come join other families on Victor Parks & Recreation "Indoor Links". What better way to beat those Winter Doldrums.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** All

**INSTRUCTOR:** VPR Staff

**FEE:** \$5 per family/\$10 non-resident families

**DAYS/DATE:** Saturday, 2/27/16

**TIMES:** 6:00 – 8:00 PM

**PROGRAM#:** V216FG

## WHITE WATER RAFTING

Come spend a day on the river enjoying the ride. Be ready to do some paddling! Bring dry clothes including shoes, a bag lunch and snacks. Pick up a list of what to wear/bring and additional waiver form. Be ready to see Letchworth from a different view. Genesee River, NY Level I and II rapids

**LOCATION:** Meet the van at Victor Parks & Recreation

**AGES:** Families, children at least 8 yrs old

**INSTRUCTOR:** VPR Staff

**FEE:** \$50/\$55 non residents

\$45/\$50 non-residents each add'l family member

**DAY/DATE:** Sunday, 5/1/16

**TIMES:** 12:00 – 6:30 PM

**PROGRAM#:** V516WW



# PRESCHOOL PROGRAMS

## LEARN TO SKATE OPEN HOUSE (12/30/15)

See page 5

### COME-N-PLAY

Come and enjoy the Victor Parks & Recreation Multipurpose Room and all the fun things you can do there. Balls, blocks, scooters, noodles and more. Bring your child and come and play – stay for the whole time or just a while. An adult must accompany and supervise children. Sneakers are required for both child and adult.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** Preschoolers with an adult

**INSTRUCTOR:** VPR Staff

**FEE:** \$7/\$14 non-residents per family per session.

**TIMES:** Wednesdays, 10:45 AM – 12:15 PM

Thursdays, 10:30 AM – 12:00 PM

**DAY:** **DATES:** **PROGRAM #:**

#### Session 1:

Wednesdays 1/6 – 2/10/16

V116WCP

Thursdays 1/7 – 2/11/16

V116THCP

#### Session 2:

Wednesdays 2/24 – 4/6/16 (no class 3/30)

V216WCP

Thursdays 2/25 – 4/7/16 (no class 3/31)

V216THCP

**Session 3:** (3 week session) **FEE:** \$3/\$6 non-residents

Wednesdays 4/13 – 4/27/16

V416WCP

Thursdays 4/14 – 4/28/16

V416THCP

### LITTLE DRIBBLERS

Attention 4 and 5 year old boys and girls. Come and begin to learn the fundamentals of basketball while having fun! You can come be a part of a team and begin to dribble, pass and shoot. Class size is limited so sign up early.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 4 & 5 year olds

**INSTRUCTOR:** Coach Steve and VPR Staff

**FEE:** \$39/\$49 non-residents

**DAY/DATES:** Tuesdays, 1/12 – 3/1/16 (no class 2/16)

**TIMES:** **PROGRAM #**

4:00 – 5:00 PM V116LD4

5:00 – 6:00 PM V116LD5

### BUMPER BOWLING

Join the excitement as your child knocks down pins. Bumpers will assist the ball towards the target, the pins. One game played each week. Parent/guardian must assist the child. Shoe rental included. Please list lane mates on registration form (3 children maximum per lane.) Space is limited bowling begins promptly at specified times. Please arrive 15 minutes early to get shoes, ball, etc.

**LOCATION:** Roseland Bowl, 4357 Recreation Dr, Canandaigua, NY 14424

**AGES:** 3 – 6 years

**INSTRUCTOR:** VPR Staff

**DAYS/TIMES:** Fridays, 9:45 – 10:45 AM

**DATES:** **FEE:** **PROGRAM #:**

1/15, 1/22, & 1/29/16 (3 weeks)

\$14/\$17

V116BB

non-residents

2/5, 2/12, & 2/26/16 (3 weeks)

\$14/\$17

V216BB

non-residents

List one date

\$7/\$10

V116BBX

(from above) in add'l info

non-residents

## NEW!

### FLOOR HOCKEY

Learn the fundamentals of floor hockey, learn to stick handle, pass and shoot. Space is limited to 16 participants. Register early!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 4 & 5 years old

**INSTRUCTOR:** Coach Steve & VPR Staff

**FEE:** \$46/\$56 non-residents

**DAYS/TIMES:** Wednesdays, 5:00 – 6:00 PM

**DATES:** 1/20 – 3/2/16 (no class 2/17)

**PROGRAM #:** V116V5P

### TODDLER JAM

A fun, exciting movement and music class designed for your child. Learn through creative movement, dance, music and your imagination how to move, groove and have loads of fun. Each class offers a new and exciting theme. Don't forget to tell your friends!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3 – 5 year olds

**INSTRUCTOR:** Sharon Trubisky-Mikulec

**FEE:** \$40/\$50 non-residents

**DAY/TIME:** Saturdays, 9:00 – 10:00 AM

**DATES:** 1/23 – 3/5/16 (no class 2/20)

**PROGRAM #:** SM116TJ

**NOTE:** Parent/Caregiver must be present and dress is loose comfortable clothing.

### BUDDING BALLERINAS AND CHARMING PRINCES

This is a ballet only class and we have so much fun so tell a friend about it. It is a fun, exciting and a welcoming introduction to ballet. Girls and boys will learn how to act like a ballerina or a dashing prince, the basics of a ballet class and read stories about ballet. The children will perform a short demonstration at the end of each session "Party".

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 4 – 6 year olds

**INSTRUCTOR:** Sharon Trubisky-Mikulec

**FEE:** \$50/\$60 non-residents

**DAY/TIME:** Saturdays, 10:00-11:00 AM

**DATE:** **PROGRAM #:**

Session 1: 1/23 – 3/5/16 (no class 2/20)

SM116BB

Session 2: 3/12 – 4/30/16

SM316BB

### AROUND THE WORLD SPORTS WITH PARENT

Get ready, get set... this fun class is only offered in the winter so don't miss out! We'll practice skills and drills from a variety of international sports like basketball, baseball and soccer. No better way to grow strong all day long than games and sports that build fundamental coordination!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 2 – 3 year olds w/Parent

**INSTRUCTOR:** Mary Slaughter

**FEE:** \$44/\$54 non-residents

**DAYS/TIMES:** Mondays, 10:30 – 11:10 AM

**DATES:** 2/1 – 3/7/16 (No class 2/15) 5 weeks

**PROGRAM#:** MS216AW

# PRESCHOOL PROGRAMS

## HI-FIVE! GAMES

This is a fun class which requires bunches of kids and plenty of space! Offered only in winter, we will play everything from kickball to duck-duck-goose. We will learn sports fundamentals for throwing, running and kicking while we play some silly sports like Volley-balloon and Foot-bowl. Leave the snow outside and have dry sneakers for plenty of running, jumping and more!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3 – 6 years olds

**INSTRUCTOR:** Mary Slaughter

**FEE:** \$49/\$59 non-residents

**DAYS/TIME:** Mondays, 2/1 – 3/7/16 (No class 2/15)

**TIME:** **PROGRAM #:**

9:40 – 10:25 AM

MS216HFA

12:40 – 1:25 PM

MS216HFP

**NEW!**

## PRESCHOOL PAINTERS

Come and meet up with other creative kids like you as we explore color and texture. We will paint with watercolors and tempera paints and frame our artwork! We will also make masterpieces to take home each class, new projects daily. Smocks Recommended! \$5 materials, fee due to instructor 1st class. Children coming from the 12:30 pm class of High Five Games will be escorted by instructor.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3 – 6 years old

**INSTRUCTOR:** Mary Slaughter

**FEE:** \$49/\$59 non-residents,

+ \$5 materials fee

payable to instructor at the first class.

**DAYS/TIMES:** Mondays, 1:30 – 2:15 PM

**DATES:** 2/1 – 3/7/16 (No class 2/15)

**PROGRAM#:** MS216PP

## TUMBLING TIGERS

Grow strong this winter by tumbling! These progressive, beginner skills use gymnastic apparatus to build upper and lower body strength in both girls and boys alike! There is no better sport for promoting coordination, strength and agility! Plus we have lots of fun tumbling games and activities safe enough to try at home! Right-side up or upside down, tumbling is too much fun to miss!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3 – 6 years olds

**INSTRUCTOR:** Mary Slaughter

**FEE:** \$44/\$49 non-residents

**DAYS/TIME:** Saturdays, 10:00 – 10:50 AM

**DATES:** 2/6 – 3/5/16 (no class 2/20)

**PROGRAM #:** MS216HFG

## BABY BLADES

This class is designed to get kids excited about getting on the ice! For itty bitty "Learn to Skaters".

**LOCATION:** Greater Canandaigua Civic Center, 250 N. Bloomfield Road, Canandaigua

**AGES:** 18 months – 3 years old

**INSTRUCTOR:** Pamela Warren

**FEE:** \$45/\$55 non-residents

+ \$14 USFS registration fee payable to USFS

+ \$3.00 Skate Rental payable to the rink

**DAYS/TIMES:** Wednesdays, 5:20 PM – 5:50 PM

**DATES:** 2/24 – 3/23/16

**PROGRAM#** PW216BB

## LITTLE FEET DANCE CLASS

Welcome to our new age-appropriate program with a new instructor, Miss Sharon, in which boys and girls are introduced to all the fundamentals of 3 basic forms of dance: Ballet, Tap and Jazz. Throughout this new and exciting program, students will learn the correct disciplines of body positioning and simple steps in Ballet, develop a magnificent sense of rhythm and musicality through Tap, and introduced to the fun and fast tempo of Jazz.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3 – 4 year olds

**INSTRUCTOR:** Sharon Trubisky-Mikulec

**FEE:** \$60/\$70 non-residents

**DAY/TIME:** Saturdays, 9:00 – 10:00 AM

**DATE:** 3/12 – 4/30/16

**PROGRAM #:** SM316LF

**NOTE:** Kids must be potty-trained or wearing Pull Ups

**NEW!**

## IN THE GYM

Come play sports with other kids your age and have fun doing it! Space is limited to 16 participants. Register early!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 4 & 5 years old

**INSTRUCTOR:** VPR Staff

**FEE:** \$46/\$56 non-residents

**DAYS:** Saturday mornings

<b>DATES:</b>	<b>TIMES:</b>	<b>PROGRAM #:</b>
3/12 – 4/23/16	9:00 – 10:00 AM	V316IG9
3/12 – 4/23/16	10:05 – 11:05 AM	V316IG10
4/30 – 6/18/16,	9:00 – 10:00 AM	V416IG9
no class 5/28		
4/30 – 6/18/16,	10:05 – 11:05 AM	V416IG10
no class 5/28		

**Have you registered for your favorite activity yet?**

**Nothing kills a program faster than slow registration. Please register at least one ( 1 ) week prior to the start date !**

## Visit us on Facebook!



You can keep up to date by "liking" the *Town of Victor* and the *Victor Parks & Recreation* facebook pages. See pics from programs and learn about upcoming programs and special events.

# PRESCHOOL PROGRAMS

## HI – FIVE! STARTER SPORTS

Come join a fun class that samples some of the games and sports that require fundamentals like throwing, running and kicking from Soccer, T-ball and Lacrosse! Leave the snow outside and have dry sneakers.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 3 – 6 years old  
**INSTRUCTOR:** Mary Slaughter  
**FEE:** \$49/\$59 non-residents  
**DAY/DATES:** Mondays, 3/14 – 4/25/16 (no class 3/28 & 4/18)  
**TIMES:** 9:40 – 10:25 AM  
 12:40 – 1:25 PM  
**PROGRAM#:** MS316HFA  
 MS316HFP

## **NEW!** LITTLE DYNAMOS DRIBBLERS & TUMBLERS! (Adult participation required)

Parental Participation Required: Bring a grown-up and come to learn and play with other enthusiastic kids like you! We'll cover the fundamentals of BASKETBALL and TUMBLING. Practice is the key, so we'll do plenty of throwing, running and jumping! Exercising our coordination and using all that great toddler energy, what could be better!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 2 – 3 years old w/parent.  
**INSTRUCTOR:** Mary Slaughter  
**FEE:** \$44/\$54 non-residents  
**DAYS/TIMES:** Mondays, 10:30 – 11:10 AM  
**DATES:** 3/14 – 4/25/16 (no class 3/28 & 4/18)  
**PROGRAM#:** MS316MM

## PRESCHOOL PAINT & SCULPT

Come and meet up with other creative kids like you for sculpting with clay and new painting projects! We will also make masterpieces when we sculpt with our magic clay, paint and embellish with glitter and more!! New projects made daily. Smocks Recommended! \$5 materials fee due to instructor 1st class. Children coming from the 12:40 pm class of High Five Sports will be escorted by instructor.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 3 – 6 years old  
**INSTRUCTOR:** Mary Slaughter  
**FEE:** \$49/\$59 non-residents  
 + \$5 Materials fee payable to Mary first class.  
**DAYS/TIMES:** Mondays, 1:30 – 2:15 PM  
**DATES:** 3/14 – 4/25/16 (No class 3/28 & 4/18)  
**PROGRAM#:** MS316PS

## LITTLE OLYMPIANS

Come join this exciting track and field program for 4 and 5 year old boys and girls. Have fun learning the basics of running, jumping and throwing. Limited to first 16 participants, fills quickly.

**LOCATION:** Dryer Road Park, 7405 Dryer Road  
**AGES:** 4 & 5 year olds  
**INSTRUCTOR:** Coach Steve and VPR Staff  
**FEE:** \$37/\$47 non-residents  
**DAYS/DATES:** Mondays, 4/25 – 6/6/16 (no class 5/30/16)  
**TIMES:** 4:00 – 5:00 PM  
 5:00 – 6:00 PM  
**PROGRAM #:** V416L04  
 V416L05

## LITTLE STRIKER SOCCER STARS

Learn the fundamentals of soccer learning to kick, head and pass during a fast paced outdoor soccer game. Limited to first 16 participants, fills quickly.

**LOCATION:** Dryer Road Park, 7405 Dryer Road  
**AGES:** 4 & 5 years  
**INSTRUCTOR:** Coach Steve and VPR Staff  
**FEE:** \$37/\$47 non-residents  
**DAYS:** Tuesdays  
 Tuesdays  
 Saturdays  
 Saturdays  
**TIMES:** 4:00 – 5:00 PM  
 5:00 – 6:00 PM  
 9:00 – 10:00 AM  
 10:00 – 11:00 AM  
**DATES:** 4/26 – 5/31/16  
 4/26 – 5/31/16  
 5/7 – 6/18/16,  
 (no class 5/28)  
 5/7 – 6/18/16,  
 (no class 5/28)  
**PROGRAM:** V416LST4  
 V416LST5  
 V516LSS9  
 V516LSS10

## SUPER STICKS LACROSSE

Come learn the local game of lacrosse, learn cradling, passing and team play in this exciting introductory class. Sticks will be provided. Mouthpiece required, can be purchased at the first class.

**LOCATION:** Dryer Road Park, 7405 Dryer Road  
**AGES:** 4 & 5 year old  
**INSTRUCTOR:** Coach Steve and VPR Staff  
**FEE:** \$37/\$47 non-residents  
**DAYS/DATES:** Wednesdays, 4/27 – 6/1/16  
**TIMES:** 4:00 – 5:00 PM  
 5:00 – 6:00 PM  
**PROGRAM #:** V416SS4  
 V416SS5

## LITTLE DYNAMO SLUGGERS – WITH PARENT

Parental Participation Required: "Batter up!" Come to learn and play with other enthusiastic kids just like you! We'll cover all the fundamentals of BASEBALL and T – BALL! If you have a small baseball glove you are welcome to bring it. We'll supply the bats, balls and fun! So come learn and try out! Our last day we'll play a real t-ball game.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 2 – 3 years old w/parent.  
**INSTRUCTOR:** Mary Slaughter  
**FEE:** \$44/\$54 non-residents  
**DAYS/TIME:** Mondays, 10:30 AM – 11:10AM  
**DATES:** 5/9 – 6/13/16 (no class 5/30)  
**PROGRAM#:** MS516LSP



# PRESCHOOL PROGRAMS

## HI - FIVE! SUPER SPORTS

Running! Jumping! Tumbling! Plus T-ball! With all of our friends, we will have a great group for t-ball, an obstacle course, tag games and red light/green light. Learn the games you'll want to play this summer. Right-side-up or upside-down, this class is too fun to miss! (Children attending the 1:30 Nature and Art will be escorted by the instructor.)

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3 – 6 years old

**INSTRUCTOR:** Mary Slaughter

**FEE:** \$49/\$59 non-residents

**DAYS/DATES:** Mondays, 5/9 – 6/13/16 (no class 5/30)

**TIMES:** **PROGRAM#:**

9:40 – 10:25 AM MS516HFA

12:40 – 1:25 PM MS516HFP

## NATURE AND ART

Paint with pinecones and draw with flowers? Yes! We use the things we hike outside and find to produce some really cool art projects, especially when we embellish with watercolors and put it in a frame! We'll do a new project each class and take it home each day! Paints and materials provided. Space is limited. Smocks recommended.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3 – 6 years old

**INSTRUCTOR:** Mary Slaughter

**FEE:** \$49/\$59 non-residents

+ \$5 Materials fee payable to Mary first class.

**DAYS/TIMES:** Mondays, 1:30 PM – 2:15 PM

**DATES:** 5/9 – 6/13/16 (no class 5/30)

**PROGRAM #:** MS516NA

# YOUTH PROGRAMS

## HORSEBACK RIDING

The Phelan Training Stable program introduces riders of all abilities to the challenges and responsibilities of taking care of horses under the supervision of a qualified instructor and assistants. Our program provides a balance between mounted instruction, talks and demonstrations. Each participant will receive a riding lesson every session. Riding instruction will be geared toward each individual's needs. Students will also learn many aspects of horse care, including grooming, feeding, anatomy and much more. The overall priorities of the Phelan Training Stable riding program are safety, fun and skill advancement. Horses can help us accomplish many of our goals: self-confidence, leadership, respect, responsibility and compassion. Horses also provide excitement, freedom, adventure and friendship. Our stable offers a very engaging and effective experience for growth and learning. For more information call Scot at (585) 657-6952 or visit [www.phelantrainingstable.com](http://www.phelantrainingstable.com)

**LOCATION:** Phelan Training Stable, (Route 444)  
2218 Victor-Bloomfield Road, Bloomfield, NY 14469

**AGES:** All Ages

**INSTRUCTOR:** Scot Phelan and Staff

**FEE:** \$110/\$120 Non-Residents

**DATE:** January - April (Indoor facility for bad weather)

**DAY/TIME:** Four 1-hour sessions  
(Instructor will call to set up training days and times)

**PROGRAM #:** SP116HR



## AFTER SCHOOL ART WITH MR. MARSHALL

In this program kids will explore materials and expand their creativity. We'll paint and build with clay. We'll draw, fold and cut our way through experiences designed to challenge thinking and problem solving skills. But most of all we will have fun. This program is offered to kids in 1st – 6th (6 – 12 yrs) and is instructed by a familiar face: Mr. Marshall, Primary School Art teacher. We will gather in his art room, (# 125 Primary School) after school from 3:30 – 5:00 PM each Tuesday or Wednesday. Bring a snack.

**LOCATION:** Victor Primary School, Room #125

**AGES:** Grades 1 -6 (6 – 12 years of age)

**INSTRUCTOR:** Mr. Marshall, Victor Central School Art Teacher

**FEE:** \$85 per person per session/\$95 non residents  
+\$35 materials fee

payable to instructor first day of class

**TIME:** 3:30 – 5:00 PM, Please meet at Mr. Marshall's room  
#125 Primary School.

**DAY:** **DATES:** **PROGRAM #:**

**Session 2:**

Tuesdays 11/17/15 – 1/19/16

IM1115TA

Wednesdays 11/18/15 – 1/20/16

IM1115WA

(No Classes – Nov. 24th & 25th and Dec. 29th & 30th)

**Session 3:**

Tuesdays 2/2/16 – 4/5/16

IM216TA

Wednesdays 2/3/16/16 – 4/6/16

IM216WA

(No Classes – Feb. 16th & 17th and Mar. 29th & 30th)

**Session 4:**

Tuesdays 4/19/16 – 6/7/16

IM416TA

Wednesdays 4/20/16 – 6/8/16

IM416WA

## YOUTH WRESTLING

See the Victor Central Schools website: [www.victorschools.org](http://www.victorschools.org)

## Check us out on Twitter!



Keep up-to-date with  
late-breaking Parks &  
Recreation news  
@VictorParksRec.

# YOUTH PROGRAMS

## YOUTH NIGHT

Come out and enjoy a night of foosball, ping-pong, table games and more! Bring extra money for snacks.

**LOCATION:** Victor Parks & Recreation, 1290 Blossom Drive

**AGES:** K – 6th Graders

**INSTRUCTOR:** VPR Staff

**FEE:** \$12/\$15 non-residents

**DAYS/TIMES:** Fridays, 7:00 – 9:30 PM

**REGISTER BY:** Thursday at 3 PM the week of

**DATES:** **PROGRAM #:**

12/11/15 V1215YN

2/5/16 V216YN

2/26/16 V216YN2

3/11/16 V316YN

4/8/16 V416YN

## Save the Date



## Victor Kids' Night Out!

(A fun "drop and shop" night out for parents)

**Friday, December 11th, 2015**

**Victor Junior High School**

**4:30 PM to 9:00 PM**

This event will give Victor parents an opportunity to enjoy an evening out on the town or just relax while their children enjoy a fun-filled night including a movie, pizza & snacks, and more!

For further details and to sign up, go to  
[www.victor.dollarsforscholars.org](http://www.victor.dollarsforscholars.org)

A fundraiser of the Victor Scholarship Program, Dollars for Scholars.

## BEGINNER ARCHERY FOR YOUTH

This beginner archery program offers instruction in the basics of archery skills, safety, equipment identification, and proper form. The new archer will learn foundations necessary to properly execute an archery shot with consistent accuracy. Coaches will give archers increasing challenges at greater distances but each archer will advance at their own pace. Each session is designed to build on the last to help the archers become familiar with the steps of the shot cycle. Beginners will be knowledgeable in safety and basic shot techniques by the end of this course.

**LOCATION:** Jim's Pro Shop, 4885 Route 96, Shortsville, NY 14548

**AGES:** 7 – 11 yrs.

**INSTRUCTOR:** Jim's Prop Shop Staff

**FEE:** \$60/\$70 non-residents

**DAYS/TIMES:** Saturdays, 10:00 – 11:00 AM

**DATES:** 12/5 – 12/19/15

**PROGRAM #:** JPS1215BA

VICTOR CENTRAL

**PTSA**

*everychild.onevoice.*

**Victor Parks and Recreation and the Victor PTSA are partners in offering quality programs for youth and families in Victor.**

### Join Victor PTSA

The Victor Central PTSA provides a wide variety of programs that support, enrich, and enhance the Victor Central School experience for all of our students and families. Your involvement and financial support are essential to the successful operation of our organization.

### Box Tops/Campbell Soup Labels

Ever wonder what these are and what to do with them? Cut them out and give them to the Victor PTSA! We earn money for the Box Tops and can purchase equipment for the school with Campbell Soup Labels. These donations can be dropped off at any of the schools or Victor Parks & Rec.



**Resident Registration Begins:  
Monday, November 30, 2015.**

**Non-residents  
Registration Begins:  
Monday, December 7, 2015.**

**Programs beginning in November  
& December 2015 are open to everyone  
for registration now.**

# YOUTH PROGRAMS

## MINI CHEFS- HOLIDAY COOKIES

Holidays are bare without those traditional yummy cookies! Come celebrate the season with cute and tasty holiday favorites that you create yourself. Peppermint, lemon, cherry, chocolate, vanilla... mix and match to come up with your own signature frosting and decorate till your heart's content! Kids can ride the activity bus from school to VPR. Write a note to child's teacher.

**LOCATION:** Victor Parks and Recreation, 1290 Blossom Drive

**AGES:** Children in grades K-5

**INSTRUCTOR:** Melissa McCabe

**FEE:** \$18/\$21 non-residents  
+ \$5 ingredient fee day of class

**DAY/DATE:** Wednesday, 12/23/15

**TIME:** 3:45 – 5:00 PM

**PROGRAM #:** MM1215HC

**NOTE:** Maximum of 16 kids, so sign up early!

## MINI-CHEFS-EDIBLE VALENTINES

There's nothing sweeter than a yummy Valentine made with love! Come out to Parks and Rec and create some edible Valentines for the special people in your life. Cupid's got nothing on you! Kids can ride the activity bus from school to VPR. Turn in a dismissal change form to your child's teacher.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Grade 2 and up

**INSTRUCTOR:** Melissa McCabe

**FEE:** \$18/\$21 non-residents  
plus \$5 ingredient fee due the day of class,  
payable to instructor

**DAY/DATE:** Thursday, 2/11/16

**TIME:** 3:45 – 5:00 PM

**PROGRAM #:** MM216EV

**NOTE:** Maximum of 15 kids, so sign up early!

## MINI-CHEFS-OATMEAL FOR DESSERT

Celebrate National Oatmeal Day with some classic oatmeal cookies. Easy to make and even easier to eat! Learn some fun oatmeal facts and impress your family and friends with your oat knowledge AND your baking skills! Kids can ride the activity bus from school to VPR. Turn in a dismissal change form to your child's teacher.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Grade 2 and up

**INSTRUCTOR:** Melissa McCabe

**FEE:** \$18/\$21 non-residents  
plus \$5 ingredient fee due the day of class,  
payable to instructor

**DAY/DATE:** Thursday, 3/17/16

**TIME:** 12:45 – 2:15PM

**PROGRAM #:** MM316OD

**NOTE:** Maximum of 15 kids, so sign up early!

## MINI CHEFS- CELEBRATE CEREAL!

National Cereal Day is March 7, but it's never too late to celebrate! Crunchy and sweet, make some delicious goodies from your favorite cereals at Parks and Rec!

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Grade 2 and up

**INSTRUCTOR:** Melissa McCabe

**FEE:** \$18/\$21 non-residents  
plus \$5 ingredient fee due the day of class,  
payable to instructor

**DAY/DATE:** Thursday, 3/17/16

**TIME:** 2:15 – 4:45 PM

**PROGRAM #:** MM316CC

**NOTE:** Maximum of 15 kids, so sign up early!

## MINI-CHEFS-RAINY DAY DELICIOUS AND HEALTHY SNACKS

What to do on a rainy April day? Come to Parks and Rec and learn how to make some sunny and tasty treats that are good for you! Take the recipes home along with your new skills and re-create these bites of sunshine any day! Kids can ride the activity bus from school to VPR. Turn in a dismissal change form to your child's teacher.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Grade 2 and up

**INSTRUCTOR:** Melissa McCabe

**FEE:** \$18/\$21 non-residents  
plus \$5 ingredient fee due the day of class,  
payable to instructor

**DAY/DATE:** Friday, 4/22/16

**TIME:** 3:45 – 5:00 PM

**PROGRAM #:** MM416RD

**NOTE:** Maximum of 8 kids, so sign up early!

## MINI-CHEFS- MOTHER'S DAY TREAT

Show your mom, grandma, aunt, or any awesome lady in your life some love with this yummy treat. Surprise her with a lovely creation you made yourself. Nothing beats a homemade treat made with love! Kids can ride the activity bus from school to VPR. Turn in a dismissal change form to your child's teacher.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Grade 2 and up

**INSTRUCTOR:** Melissa McCabe

**FEE:** \$18/\$21 non-residents  
plus \$5 ingredient fee due the day of class,  
payable to instructor

**DAY/DATE:** Friday, 5/6/16

**TIME:** 3:45 – 5:00 PM

**PROGRAM #:** MM416MD

**NOTE:** Maximum of 12 kids, so sign up early!



## Register Online

It's only a point and click away at [www.victoryny.org](http://www.victoryny.org)

# YOUTH PROGRAMS

**LEARN TO SKATE OPEN HOUSE** (12/30/15) See page 5

## LEARN TO SKATE

Instruction in basic elements of skating. Come and join a fun, safe, experience. Wear warm comfortable clothing including loose fitting pants, sweaters, hats and gloves. Helmets are optional. Participants will be grouped together based upon ability and previous skating experience. 4 week program.

**LOCATION:** Greater Canandaigua Civic Center (GCCC), 250 N Bloomfield Rd

**AGES:** 3 years old – Adult

**INSTRUCTOR:** Pamela Bossar Warren

**FEE:** \$84/\$94 non-residents (if registered at least 48 hours before the 1st class)

\$104/\$114 non-residents (if registered less than 48 hours before the 1st class)

+ \$14 USFS dues payable to GCCC

+ \$3.00 skate rental per class payable at rink.

**DAYS/TIMES:** Saturdays or Sundays, 2:00 PM – 2:40 PM

(Open skate 2:40 PM – 3:50 PM)

<b>DAYS:</b>	<b>DATES:</b>	<b>PROGRAM #:</b>
Saturdays	1/2 – 2/6/16	PW116LSA
Sundays	1/3 – 2/7/16	PW116LSU
Saturdays	2/13 – 3/19/16	PW216LSA
Sundays	2/14 – 3/20/16	PW216LSU

## K-1 HOOPS

Learn the fundamentals of basketball learning to dribble, pass and shoot. Sign up early space is limited.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K-1 Grade

**INSTRUCTOR:** Coach Steve and VPR Staff

**FEE:** \$45/\$55 non-residents

**DAYS/DATES:** Mondays, 1/4/16 – 2/22/16 (No Class 1/18 or 2/15)

<b>TIMES:</b>	<b>PROGRAM #:</b>
4:00 – 5:00 PM	V115KH4
5:00 – 6:00 PM	V115KH5

## SKI/SNOWBOARD CLUB

Enjoy the snow with friends at Bristol Mountain on Friday evenings. Buses leave from the Intermediate School and return at 9:30pm. Lessons are required. There is a mandatory safety meeting Wednesday, January 6th, from 7:00 – 8:30 PM at the Victor Town Hall. Deadline to register is 12/18/15. Once you sign up with us you will then be sent an email with information to purchase lift tickets, rental equipment and lessons from [www.BristolMountain.com](http://www.BristolMountain.com)

**LOCATION:** Depart from Victor Intermediate School then take the bus to Bristol Mountain

**AGES:** 4th – 6th Graders

**INSTRUCTOR:** Christine Winter and VPR Staff

**FEE:** \$75/\$85 non-residents (Transportation and Supervision fee)

**DAYS/TIMES:** Fridays, 3:00 – 9:30 PM

**DATES:** 1/8 – 2/5/16 (make up day: 2/12/16)

**PROGRAM #:** V116SC

## INTRO TO ICE SKATING AND HOCKEY

A fun, safe, basic introduction to the sport of ice skating and hockey for new and/or inexperienced skaters. Emphasis will be on balance, forward skating, having fun, and becoming comfortable on the ice. Helmet, hockey pants, and protective pads are provided for use through Perinton Youth Hockey (players need to provide their own skates).

**LOCATION:** Thomas Creek Ice Arena, 80 Lyndon Rd, Fairport

**AGES:** 4-8 years

**INSTRUCTOR:** Perinton Youth Hockey Coaches

**FEE:** \$80/\$90 non-residents

**DAY/TIMES:** Sundays, 7:15 – 8:15 AM

**DATES:** 1/10 – 2/14/16

**PROGRAM #:** PY116YH

**BALLET & CONDITIONING FOR FIGURE SKATERS, DANCERS CHEERLEADERS AND ATHLETES** (starting 1/11/15) See page ??

## SUZUKI BOOK 1 AND 2 CLASSES

This class is for Suzuki Students who wish to augment their school lessons with weekly group practices. At each hour long session our students cover their entire Suzuki Volume, review songs, techniques, and enjoy playing the Suzuki Games together. Note reading is introduced in Book 2 Classes. Students benefit tremendously from a full hour of supervised practice and the inspiration of working together with like-minded students! Children are free to progress at their own pace and will benefit from the many performance opportunities at Lyric Academy!

**LOCATION:** Lyric Arts Academy, 70 E. Main Street

**AGES:** 4 – 12 year olds

**INSTRUCTOR:** Margaret Dilmore

**FEE:** \$160/\$170 non-residents

**TIMES:** 6:00 - 7:00 PM

<b>CLASS:</b>	<b>DAY:</b>	<b>DATES:</b>	<b>PROGRAM #:</b>
Suzuki Book I	Tuesdays	1/12 – 5/10/16	MD116S1
Suzuki Book II	Thursdays	1/14 – 5/12/16	MD116S2

NOTE: Violins can be rented from area music stores.

## CHILLIN' WEDNESDAYS

Join your friends after school for some fun at the lodge. You'll have free time to play outside on the playground or in the snow, and explore the trails with staff when you arrive. Table games, a craft station and a homework table will be setup inside when you're ready to come in! Use fresh ingredients to make your own pizza and enjoy a meal with your friends before heading home! Come "chill" with us! For information regarding the After School Activity Bus, please contact Victor Parks & Recreation at (585) 742 – 0140 (Sign up for individual dates).

**LOCATION:** Lodge @ Victor Municipal Park, 6680 Paparone Drive

**AGES:** Grades 4 - 6

**INSTRUCTOR:** Nicole Fulle & VPR Staff

**FEE:** \$20/\$23 non-residents

**DAY/TIMES:** Wednesdays, 4:00 – 7:00 PM

<b>DATES:</b>	<b>PROGRAM #:</b>
1/13/16	NF116CW1
1/27/16	NF116CW2
2/3/16	NF216CW3
2/10/16	NF216CW4

# YOUTH PROGRAMS

## INTRO AND CONTINUING FENCING

Does your child pretend to be a Jedi Knight, Musketeer, or pretend to sword fight in the backyard? Maybe fencing, a mentally and physically engaging sport, is for them! This program teaches basic footwork, bladework, and bouting to beginners and intermediate fencers. All equipment is provided.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 8 – 15 year olds

**INSTRUCTOR:** Rochester Fencing Center Staff

**FEE:** \$65/\$75 non-residents

**DAYS/TIMES:** Wednesdays, 6:30 PM – 7:30 PM

**DATES:** **PROGRAM #:**

1/13 – 2/10/16 RF116FC

2/24 – 3/23/16 RF216FC

## VIDEO ARCADE

Come play all the classics and even some new arcade hits for the Wii, Playstation 2 and X - Box! Maybe even play some old Atari with that Master Gamer, Coach Steve himself? Bring a small snack. Pizza is provided for dinner. Space is limited so sign up fast! If you want to share a game make sure it is labeled.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 1st – 8th Grade

**INSTRUCTOR:** VPR Staff

**FEE:** \$16/\$19 non-residents

**DAY/DATE:** Saturdays, 4:00 PM – 9:30 PM

**TIMES:** **PROGRAM #:**

1/9/16 V116VA

3/12/16 V316VA

4/9/16 V416VA

## DANCE SAMPLER (AFTER SCHOOL PROGRAM)

Our first session was so much fun and it is not too late to join us for this afterschool program. Kids do you love to dance and have a busy schedule with sports and other activities, then this is a great class for you with no long term commitment. Girls and boys will have the opportunity to sample and explore 4 exciting styles of dance. Throughout each weekly class, Jazz, Tap, Ballet, or Contemporary/Modern dance will be introduced to fun music. The attire is comfortable clothes with socks and sneakers.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K – 5th grade children

**INSTRUCTOR:** Sharon Trubisky-Mikulec

**FEE:** \$80/\$90 non-residents

**DAY/TIME:** Wednesdays, 4:00 – 5:30 PM

**DATES:** 1/20 – 3/16/16 (no class 2/17)

**PROGRAM #:** SM116DS

**NOTES:** Bus can take students to the Parks and Recreation facility. Please send a note to school.

Please bring a drink and small snack.

## FLOOR HOCKEY

Learn the fundamentals of floor hockey, learn to stick handle, pass and shoot. Space is limited to 16 participants. Register early!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K – 2nd Grade, 3rd – 5th Grade

**INSTRUCTOR:** Coach Steve & VPR Staff

**FEE:** \$46/\$56 non-residents

**DAYS/DATES:** Wednesdays, 1/20 – 3/2/16 (no class 2/17)

**AGES:** **TIMES:** **PROGRAM #:**

3rd – 5th grade 4:00 – 5:00 PM V116V4

K – 2nd grade 4:00 – 5:00 PM V116V4B

K – 2nd grade 5:00 – 6:00 PM V116V5

## LEGO AFTER SCHOOL CLUB NEW!!

Join us for the new Lego After School Club program for boys and girls. Using our imaginations and creativity, we will explore, invent and construct new patterns, original objects and creatures. We will play games with Legos and weekly handouts will be sent home. This class will develop teamwork, creativity and problem-solving. Maximum of 12 kids, so sign up early! Do not forget to bring a snack.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** Boys and Girls K – 2nd Grade

**FEE:** \$40/\$50 non-residents

**INSTRUCTOR:** Sharon Trubisky-Mikulec

**DAY/TIME:** Mondays, 3:45 – 5:00 PM

**DATE:** **PROGRAM #:**

Session 1: 1/25 – 2/29/16 (no class 2/15) SM116LC

Session 2: 3/7 – 4/11/16 (no class 3/28) SM316LC

**NOTE:** Students can take the Parks and Rec bus to our facility. Please send a note to school. Bring a snack and drink for after school.

## ADVENTURES IN VIOLIN

Starting violin at a young age is one of the most powerful activities for developing the brain. Using the world renowned Suzuki Method, children learn to play violin as naturally as they learn to speak. In a fun class setting they master a new song each week and perform a concert by the end of the term. This is a great opportunity for children to explore the instrument and discover the fun of learning and playing together. Parents are invited to observe the class. Small sized violins can be rented from area music stores.

**LOCATION:** Lyric Arts Academy, 70 E. Main Street

**AGES:** 5 – 10 year olds

**INSTRUCTOR:** Mary Cropley

**FEE:** \$150/\$160 non-residents

**DAY/TIME:** Wednesdays, 5:00 – 6:00 PM

**DATES:** 1/20 – 5/4/16

**PROGRAM #:** MC116AV

**NOTE:** Small violins can be rented from area music stores.

# YOUTH PROGRAMS

## STUDIO ART WITH MISS MURPHY

Thursday art extravaganza! Come join us to explore paint – clay – drawing media – fibers – sculpting and more. We meet directly after dismissal in room 166 –Victor Primary School -I will provide smocks and a fun filled afternoon. Please send a snack with your child. If they forget a snack I will provide one. I will provide the smocks! Hope to see you there!

**LOCATION:** Victor Primary School, Room #166  
**AGES:** Grades 1 -6 (6 – 12 years of age)  
**INSTRUCTOR:** Miss Murphy, Victor Central School Art Teacher  
**FEE:** \$85 per person per session/\$95 non residents  
+\$35 materials fee payable to instructor first day of class  
**DAY/TIME:** Thursdays, 3:30 – 5:00 PM  
**DATES:** **PROGRAM #**

1/21/16 – 3/18/16 AM116SA  
(please note that 3/18 is a Friday due to scheduling conflicts.)  
4/7/16 – 5/26/16 AM416SA

## BUDDING BALLERINAS AND CHARMING PRINCES

This is a ballet only class and we have so much fun so tell a friend about it. It is a fun, exciting and a welcoming introduction to ballet. Girls and boys will learn how to act like a ballerina or a dashing prince, the basics of a ballet class and read stories about ballet. The children will perform a short demonstration at the end of each session “Party”.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 4 – 6 year olds  
**INSTRUCTOR:** Sharon Trubisky-Mikulec  
**FEE:** \$50/\$60 non-residents  
**DAY/TIME:** Saturdays, 10:00-11:00 AM  
**DATE:** **PROGRAM #:**  
Session 1: 1/23 – 3/5/16 (no class 2/20) SM116BB  
Session 2: 3/12 – 4/30/16 SM316BB

## PERSONAL DEFENSE TRAINING

(starting 1/27/16) See page 26

**NEW!**

## DISC GOLF PUTTING LEAGUE

(starting 1/28/16) See page 30

## PARENT AND CHILD CLAY CLASS

Come work as a team and build a large coiled pot, box with a lid, or a sculpture! Make clay feet for the base of your pot, carve designs into it, or add figurines inside the bowl? Next week, paint the piece with various colors and a clear glaze. Pick up item one week later after it's been fired again.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Children ages 5 and up  
**INSTRUCTOR:** Marybeth Fitzsimmons  
**FEE:** \$37/\$43 non-residents  
**DAY/TIME:** Thursdays, 5:00 – 6:30PM  
**DATES:** 2/11 & 2/18/16  
**PROGRAM #:** MF216PC

## HOME ALONE

This 2 hour class designed to teach children ages 7-12, who are home alone the importance of behaving responsibly. Topics include but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you & your child. (2 hours)

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** Children ages 8 - 14  
**INSTRUCTOR:** EPIC Instructors  
**FEE:** \$26/\$29 non-residents  
**DAYS/TIMES:** Monday, 9:00 – 11:00 AM  
**DATES:** **PROGRAM #:**  
2/15/16 EP216HA  
4/18/16 EP216HA

## FIRST AID FOR KIDS

Taught by EMT's and Paramedics; this course teaches 8-14 year old participants the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat & cold emergencies. Also addressed are several common medical emergencies found in many schools today such as: food allergies, diabetes, seizures and asthma. This course meets requirements for several boy/girl scout badges.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** Children ages 8 - 14  
**INSTRUCTOR:** EPIC Instructors  
**FEE:** \$23/\$26 non residents  
**DAYS/TIMES:** Monday, 11:15 AM – 12:45 PM  
**DATES:** **PROGRAM #:**  
2/15/16 EP216FA  
4/18/16 EP216FA

\*\*\* Register for BOTH the HOME ALONE and the FIRST AID FOR KIDS classes \*\*\*

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** Children ages 8 - 14  
**INSTRUCTOR:** EPIC Instructors  
**FEE:** \$45/\$48 non residents  
**DAYS/TIMES:** Mondays, 9:00 AM – 12:45 PM  
**DATE:** **PROGRAM #:**  
2/15/16 EP216BC  
4/18/16 EP216BC

# YOUTH PROGRAMS

## EPIC BABYSITTERS COURSE

Taught through classroom discussion, instructor lecture and supplemented by an interactive video presentation; this 5 hour class for boys and girls ages 11 and older. Teaches participants roles and responsibilities of a babysitter and includes skills in; accident prevention, first aid and abdominal thrusts for choking victims. Each student will receive a workbook and a certification card upon completion. Students are asked to bring a Lunch, Pencil and a Self-Addressed-Stamped-Envelope (for Card).

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 11 year olds and older

**INSTRUCTOR:** EPIC Instructors

**FEE:** \$58/\$61 non-residents

**DAYS/TIMES:** Mondays, 11:15 AM – 4:30 PM

**DATES:** **PROGRAM #:**

2/15/16

EP216BS

4/18/16

EP416BS

## BROADWAY BOUND – SONG & DANCE PROGRAM WITH MRS. LEWIS

Calling all 2nd, 3rd, 4th, 5th, and 6th graders! You asked for it, and IT'S HERE!! We are going to enjoy the winter season Broadway Bound style! We will meet EVERY DAY for one week just like in the summer, with a performance on Friday for your friends and family!! Students will learn choreography to a few songs and perform at the end of the week! CAN'T WAIT TO SEE ALL OF MY OLD FRIENDS and I hope you bring some new ones to join you!!! Please bring a snack and water bottle each day!!

Performance Day will be Friday 2/26/16, 5:00-5:30pm, location TBD.

**LOCATION:** Victor Primary School, Music Room #155

**AGES:** Grades 2 – 6

**INSTRUCTOR:** Mrs. Lewis, VPS Music Teacher

**FEE:** \$55/\$65 non residents

**DAY/TIME:** Monday – Friday, 3:15 – 5:00 PM

**DATES:** 2/22 – 2/26/16

**PROGRAM #:** JL216AM

## HAND BUILDING WITH CLAY FOR KIDS

Make an animal out of clay that would fit under your large coiled vase for the base. Or roll out a box form with a lid. You will build a minimum of three projects using various hand building techniques in clay and glaze all items on the last day. Pick up your pieces one week later after they have been fired again.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Children ages 5 and up

**INSTRUCTOR:** Marybeth Fitzsimmons

**FEE:** \$41/\$46 non-residents

**DAY:** **TIME:** **DATES:** **PROGRAM #:**

Saturdays 10:30 AM – 12:00 PM 2/27 – 3/12/16 MF216HB

Tuesdays 4:00 – 5:30 PM 4/12 – 4/26/16 MF416HB

## ORIGAMI

Learn the ancient art of paper folding with instructor Steve. You will be able to make a variety of creatures and things. Kids can ride the special activity bus to Victor Parks & Recreation. Please write a permission note to your child's teacher for this to occur. Bring a small snack.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 1st - 6th Grade

**INSTRUCTOR:** Steve Hendrickson

**FEE:** \$6/\$9 non-residents

**DAYS/DATES:** Thursday, 3/3/16

**TIME:** 3:45 PM – 5:30 PM

**PROGRAM #:** V316OR

**NEW!**

## SATURDAY CLIMBING COURSE AT ROCKVENTURES

Participants will learn the basics or build upon the skills they already have. This class is ideal for participants of all skill levels. Students should bring a water bottle and their own helmet if they have one. Please wear comfortable loose fitting clothing. Additional paperwork required on the first day of class at Rock Ventures All equipment is included in fee.

**LOCATION:** RockVentures, 1044 University Ave, Rochester, NY 14607

**AGES:** 6 – 13 yrs.

**INSTRUCTOR:** RockVentures Staff

**FEE:** \$140/\$150 non-residents

**DAYS/TIMES:** Saturdays, 10:00 – 11:30 AM

**DATES:** **PROGRAM #:**

1/9 – 2/13/16 RV116YRC

3/5 – 4/16/16 RV316YRC

## ROCKVENTURES DAY PASS – NEW!

Can't commit to all 6 weeks of the climbing class? No problem! Join us for a single day to see what Rock Climbing is all about. Please wear comfortable loose fitting clothing. Additional paperwork required on the first day of class at Rock Ventures All equipment is included in fee.

**LOCATION:** RockVentures, 1044 University Ave, Rochester, NY 14607

**AGES:** 6 – 13 yrs.

**INSTRUCTOR:** RockVentures Staff

**FEE:** \$40/\$50 non-residents

**DAYS/TIMES:** Saturdays, 10:00 – 11:30 AM

**DATES:** **PROGRAM #:** **DATES:** **PROGRAM #:**

1/9/16 RV116DP1 3/5/16 RV316DP1

1/16/16 RV116DP2 3/12/16 RV316DP2

1/23/16 RV116DP3 3/19/16 RV316DP3

1/30/16 RV116DP4 4/2/16 RV416DP1

2/6/16 RV216DP1 4/9/16 RV416DP2

2/13/16 RV216DP2 4/16/16 RV416DP3

# YOUTH PROGRAMS

Youth Programs

## K-1 HOOPS

Learn the fundamentals of basketball, learn to dribble, pass and shoot. Space is limited to 16 participants. Register early!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K – 1st Grade

**INSTRUCTOR:** Coach Steve and VPR Staff

**FEE:** \$46/\$56 non-residents

**DAYS/DATES:** Mondays, 3/7 – 4/18/16 (no class 3/28)

**TIMES:** **PROGRAM #:**

4:00 – 5:00 PM V316KH4

5:00 – 6:00 PM V316KH5

## AFTERSCHOOL GYM GAMES

Join some friends after school to play some of your favorite gym games. Kids can ride the special activity bus to Victor Parks & Recreation. Please write a permission note to your child's teacher for this to occur. Bring a small snack. Space is limited so sign up fast!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K - 6th Grade

**INSTRUCTOR:** VPR Staff

**FEE:** \$13/\$16 non-residents

**DAYS/TIMES:** Tuesdays, 3:45 PM – 5:30 PM

**DATES:** 3/8 & 3/16/16

**PROGRAM #:** V416GG

## VOLLEYBALL

Learn the fundamentals of volleyball, learn to bump, pass and set. Space is limited to 12 participants. Register early!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**INSTRUCTOR:** Coach Steve & VPR Staff

**FEE:** \$46/\$56 non-residents

**DAYS/DATES:** Wednesdays, 3/9 – 4/20/16 (no class 3/30)

**AGES:** **TIMES:** **PROGRAM #:**

K – 2nd grade 4:00 – 5:00 PM V316V4

K – 2nd grade 5:00 – 6:00 PM V316V5

3rd – 6th grade 5:00 – 6:00 PM V316V6



## GIRLS OUT PLAYING - HIKING

Get out and explore the Victor Parks – on your feet! We will hike through all sorts of terrain. Hiking is great exercise and FUN! Please dress for the weather, bring a water bottle, and wear sneakers or hiking boots! Participants will be notified approximately 1 week in advance via email where the group will be meeting.

**LOCATION:** Various Town of Victor Parks

**AGES:** 4th – 6th Grade Girls

**INSTRUCTOR:** Nicole Fulle

**FEE:** \$35/\$40 non-residents

**DAYS/TIMES:** Wednesdays, 4:30 – 5:30 PM

**DATES:** 3/23 – 4/13/16

**PROGRAM#:** NF316GH

## PAPER AIRPLANES

Learn to make all sorts of planes. Kids can ride the special activity bus to Victor Parks & Recreation. Please write a permission note to your child's teacher for this to occur. Bring a small snack.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 1st – 6th Grade

**INSTRUCTORS:** VPR Staff

**FEE:** \$6/\$9 non-residents

**DAY/DATE:** Thursday, 3/17/16

**TIMES:** 3:45 PM – 5:30 PM

**PROGRAM #:** V316PA

## TABLE GAMES

Come learn how to play Quarter Basketball, Quarter Hockey and Paper Football! Kids can ride the special activity bus to Victor Parks & Recreation. Please write a permission note to your child's teacher for this to occur. Bring a small snack. Space is limited so sign up fast!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 1st – 6th Grade

**INSTRUCTOR:** VPR Staff

**FEE:** \$6/\$9 non-residents

**DAY/DATE:** Friday, 3/18/16

**TIME:** 3:45 PM – 5:30 PM

**PROGRAM #:** V316TG

## BOATING – NEW YORK SAFE BOATING SAFETY COURSE

(starting 3/22/16) See page 34

## Visit us on Facebook!



You can keep up to date by "liking" the *Town of Victor* or the *Victor Parks & Recreation* facebook page. See pics from programs and learn about upcoming programs and special events.

# YOUTH PROGRAMS

## AMERICAN RED CROSS BABYSITTING CERTIFIED COURSE

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. Through hands on practice, the successful candidate will receive certification as an American Red Cross babysitter. An email address is required for certificate of completion. Brown bag lunches are encouraged.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**INSTRUCTOR:** Ready to Respond Staff

**AGES:** Youth 11 – 15 years

**FEE:** \$75/\$78 non-residents

**DAYS/DATE:** Saturday, 4/4/16

**TIME:** 9:00 AM – 3:00 PM

**PROGRAM #:** RR416BS

## AFTERSCHOOL GAME MANIA

Join some friends after school for "Game Day". Play Sorry, Chess, Cards and More. Kids can ride the special activity bus to Victor Parks & Recreation. Please write a permission note to your child's teacher for this to occur. Bring a small snack. Space is limited so sign up fast!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K – 6th Grade

**INSTRUCTOR:** VPR Staff

**DAYS/TIMES:** Tuesdays, 3:45 – 5:30 PM

<b>DATES:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
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4/5/16	\$9/\$12 non-residents	V416GMA
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4/12/16	\$9/\$12 non-residents	V416GMB
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4/5 & 4/12/16	\$13/\$16 non-residents	V416GMC
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## AFTER SCHOOL YARD GAMES

Learn skills and play games like can jam, ladder ball, bocce, horse-shoes, croquette and volleyball. Kids can ride the special activity bus to Victor Parks & Recreation then we will take a van ride to Victor Municipal Park, rain location VPR. Please write a permission note to your child's teacher for this to occur. Bring a small snack. Space is limited so sign up fast!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K – 6th Grade

**INSTRUCTOR:** Coach Steve and VPR Staff

**FEE:** \$6/\$9 non-residents

**DAYS/TIMES:** Fridays, 3:45 – 5:30 PM

**DATES:** 4/22 – 5/6/16

**PROGRAM #:** V416YG

## TRACK & FIELD

Come join us in getting excited about the sport of Track & Field. This program will introduce you to both short distance and long distance running events, plus a few basic field events such as discus, shot-put, and long jump.

**LOCATION:** Dryer Road Park, 7405 Dryer Road

**AGES:** 6 – 12 year olds

**INSTRUCTOR:** VPR Staff

**FEE:** \$40/\$50 non-residents

**DAYS/DATES:** Mondays, 4/25 – 6/6/16 (no class 5/30/16)

**TIMES:** **PROGRAM #:**

4:00 – 5:00 PM V416T4

5:00 – 6:00 PM V416T5

## SPORTASTIC

Learn skills and play games in three exciting sports. Soccer, Basketball and T-Ball for boys and girls. VPR staff will pick up child at Primary School cafeteria. Please send a note in to your child's teacher releasing them to VPR staff.

**LOCATION:** Victor Central School Fields (Weather permitting)

**AGES:** 1st – 3rd Grade

**INSTRUCTORS:** Coach Steve and VPR Staff

**FEE:** \$45/\$55 non-residents

**DAYS/TIMES:** Thursdays, 3:30 PM – 5:00 PM

**DATES:** 4/28 – 6/9/16

**PROGRAM #:** V416SP

## SAFETY FIRST FOR CHILDREN

This course will teach students how to answer the door, make a 911 call, fire safety, house rules, stranger danger, internet safety, and some basic first aid. The program includes take-home reference information for the children.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Youth 6 – 13 years

**INSTRUCTOR:** Ready to Respond Staff

**FEE:** \$30/\$33 non residents

**DAY/DATE:** Saturday, 4/30/16

**TIME:** 9:00 – 10:30 AM

**PROGRAM #:** RR416SF



## Share your photos!

Victor Parks and Recreation is looking for some great photos of you and your family taken while participating in our programs or events! Just e-mail them to

parksandrec@town-victor-ny-us. Please identify the program and the participants. By e-mailing your photos, you consent to Victor Parks and Recreation Department the right to use your photo as it deems appropriate.

# YOUTH PROGRAMS

## PITCH, HIT & RUN SPONSORED BY SCOTT'S

Victor Parks and Recreation Department (VPR), in cooperation with Major League Baseball, are proud to announce this exciting hit, pitch and run contest. Participants will showcase their skills at the local level with winners advancing to regional competitions and possibly the finals. Each participant takes approximately 8 minutes to complete. Participants will compete in three baseball skills:

**Batting:** Hit from a tee as far and straight as possible.

**Throwing:** 6 chances to hit a target strike zone.

**Base Running:** Timed in a sprint from second base, around third to home plate.

**LOCATION:** Field #24, Victor Central Schools across from the Victor Educ. Center.

**AGES:** Four Divisions, boys and girls by age:  
7 and 8 year olds  
9 and 10 year olds  
11 and 12 year olds  
13 and 14 year olds

**INSTRUCTOR:** VPR Staff and Volunteers

**FEE:** No cost, but please register so we know you are planning on coming.

**TIME:** 10:00 AM

**DAY/DATE:** Saturday, 4/30/16 (rain date: 5/7/16)

**PROGRAM #:** V416PHR

**REGISTRATION:** Forms are available at the Parks and Recreation office. Bring completed registration form and a copy of participant's birth certificate to the competition. Volunteers needed. Please call Steve at 742-0143.

**WHITE WATER RAFTING** (5/1/16) See page 5

## GIRLS OUT PLAYING - TRAIL BIKING

Get out and explore the Victor Parks – on your bike! We will ride on grass or hard-packed trail. Biking is great exercise and FUN! No prior off-road experience necessary, but you do need to be comfortable riding a bicycle. Bring your mountain bike, helmet, and water bottle. Give us a call if you are not sure your bike is appropriate for trail riding. Interested, but don't have a bike? Let us know and we will try to find a bike for you to ride (limited availability). Participants will be notified approximately 1 week in advance via email where the group will be meeting.

**LOCATION:** Various Town of Victor Parks

**AGES:** 4th – 6th Grade Girls

**INSTRUCTOR:** Nicole Fulle

**FEE:** \$45/\$50 non-residents

**DAYS/TIMES:** Wednesdays, 4:30 – 5:30 PM

**DATES:** 4/20 – 5/11/16

**PROGRAM #:** NF516GTB

## DISC GOLF TRIP

Come join some friends on a trip to the Apple Farm to play disc golf. Bring a bag dinner or money for dinner.

**LOCATION:** Meet the van at Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 3rd – 8th Grade

**INSTRUCTOR:** VPR Staff

**FEE:** \$15/\$20 non-residents

**DAY/DATE:** Friday, 5/20/16

**TIMES:** 3:45 – 6:30 PM

**PROGRAM #:** V516DG

## HERSHEY'S RUN JUMP THROW TRACK MEET

Victor Parks and Recreation Department (VPR), in cooperation with USATF and Hershey's, are proud to announce this exciting run, jump, and throw track meet. Participants will showcase their skills at the local level with winners advancing to regional competitions and possibly the finals. Each participant showcases their skills in running events, jumping events, and throwing events.

**LOCATION:** Dryer Road Park, 7405 Dryer Road

**AGES:** 6 – 12 year olds

**INSTRUCTOR:** VPR Staff and Volunteers

**FEE:** Free, but please register so we know how many are participating.

**DAYS/DATES:** Saturday, 6/18/16

**TIME:** 1:00 PM

**REGISTRATION:** Register online or at the Victor Recreation Office at 1290 Blossom Drive. Volunteers needed. Please call the office at 742-0140.

**PROGRAM #:** V616RJT



**Register Online**

It's only a point and click away  
at [www.victoryny.org](http://www.victoryny.org)

# RECESS PROGRAMS

## SUPERINTENDENT'S DAY WITH GAME GAMUT

Join Victor Parks and Recreation and The Game Gamut for some board games and puzzles. Try some new games out and see if you want to buy them. Wear sneakers for active games. Bring a bag lunch and a snack.

**LOCATION:** Victor Parks & Recreation, 1290 Blossom Drive

**AGES:** K – 6th Graders

**INSTRUCTOR:** VPR & Game Gamut Staff

**DAY/DATE:** Wednesday, 11/25/15

<b>TIMES:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
8:30 AM – 12:00 PM,	\$16/\$19 non-residents	SB1115GGA
½ day option only!!		

8:30 AM – 5:30 PM,	\$32/\$35 non-residents	SB1115GGP
Full day games/activities, bring bag lunch!		

## SKI/SNOWBOARD AT BRISTOL MOUNTAIN

Enjoy the day skiing/snowboarding at Bristol Mountain. Bring extra money for lunch. Dress appropriately. Please list ski or snowboard under additional information.

**LOCATION:** Meet at Victor Parks & Recreation, 1290 Blossom Drive

**AGES:** 2nd – 8th Graders

**DAY/DATE:** Tuesday, 12/29/15

**TIMES:** 8:00 AM – 5:30 PM

<b>PACKAGES INCLUDING:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
Lift, Lesson, Rental and Transportation	\$66/\$69 non-residents	V1215BMA

Lift, Lesson & Transportation (no rental)	\$56/\$59 non-residents	V1215BMB
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Lesson & Transportation (Season Pass Holder)	\$31/\$34 non-residents	V1215BMC
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## GLACIER RIDGE SNOW TUBING

Enjoy the day at Glacier Ridge Snow tubing. Bring extra money or pack a lunch. Dress appropriately for weather.

**LOCATION:** Meet the bus at Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 2nd – 8th Grade

**INSTRUCTOR:** VPR Staff

**FEE:** \$33/\$38 non-residents

**DAY/DATE:** Monday, 1/18/16

**TIMES:** 8:30 – 5:30 PM

**PROGRAM #:** VPR116ST



## RECESS ROCK CLIMBING AT ROCKVENTURES

Led by the Rock Ventures Staff, your child will learn the basics or build upon the skills they already have. This full day class is ideal for participants of all levels. Participants will be split by ability so that they can progress at their own pace and skill level. Along with rock climbing, students will be traversing the indoor high ropes course, rappelling from a 42ft platform, learning climbing knots, and climbing additional high elements. Lunch and all equipment will be provided including: Shoes, harness and bike helmet. Students should bring a water bottle and their own helmet if they have one. Please wear comfortable loose fitting clothing. Additional paperwork required on the first day of class at Rock Ventures.

**LOCATION:** RockVentures, 1044 University Ave, Rochester, NY 14607

**AGES:** 6 – 13 years

**INSTRUCTOR:** RockVentures Staff

**FEE:** \$80/\$90 non-residents

**DAY/DATE:** Monday, 1/18/16 (MLK Day)

**TIMES:** 8:00 AM – 5:00 PM

**PROGRAM #:** RV915RRC1

**HOME ALONE** (2/15 or 4/18/16) See page 14

**FIRST AID FOR KIDS** (2/15 or 4/18/16) See page 14

**EPIC BABYSITTERS COURSE** (2/15 or 4/18/16) See page 15

## PRESIDENT'S WEEK LEARN TO SKATE CLINIC

Come spend the week working on your skating skills

**LOCATION:** Greater Canandaigua Civic Center (GCCC), 250 N. Bloomfield Rd, Canandaigua

**AGES:** K - 8th Grade

**INSTRUCTOR:** Pamela Warren

**FEE:** \$70/\$80 non-residents

+ \$14.00 one-time fee

payable to GCCC on a separate check

+ \$3.00 Skate Rental payable to the rink

**TIMES:** 12:00 – 1:50 PM

**DAYS/DATES:** Monday – Friday, 2/15 – 2/19/16

**PROGRAM #:** V216PW

## BOWLING

Enjoy a day of bowling with friends Roseland Bowl. Bring extra money for games and snacks.

**LOCATION:** Meet bus at Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K - 8th Grade

**INSTRUCTOR:** VPR Staff

**DAY/DATE:** Monday, 2/15/16

<b>TIMES:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
8:30 AM - 1:00 PM,	\$19/\$24 non-residents	V216BA
Trip only.		

8:30 AM - 5:30 PM,	\$29/\$34 non-residents	V216BP
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Trip & extra games and activities at VPR

# RECESS PROGRAMS

## BOARD GAME BONANZA WITH THE GAME GAMUT

Join Victor Parks & Recreation and the Game Gamut for some board games and puzzles. Try some new games out and see if you want to buy them. Wear sneakers for active games. Bring a bag lunch and a snack.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** K – 6th Grades  
**INSTRUCTOR:** VPR Staff & The Game Gamut  
**DAYS/DATE:** Tuesday, 2/16/16  
**TIMES:** **FEE:** **PROGRAM#**  
 8:30 AM -12:00 PM \$19/\$21 non-residents – ½ day SB216GGA  
 8:30 AM - 5:30 PM \$34/\$37 non-residents – FULL DAY SB216GGP

## FEBRUARY BREAK SKI TRIP BRISTOL MOUNTAIN

Enjoy the day skiing at Bristol Mountain. Bring extra money or pack a lunch. Dress appropriately for weather. Please write if skiing or snowboarding under additional information on registration form.

**LOCATION:** Meet the bus at Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 2nd – 6th Grade  
**INSTRUCTOR:** VPR Staff  
**TIMES:** 8:00 – 5:30 PM  
**DAY/DATE:** Wednesday, 2/17/16  
**DESCRIPTION:** **FEE:** **PROGRAM #:**  
 Lift, lesson, Rental & Transportation \$66/\$71 non-residents V216BMA  
 Lift, Lesson & Transportation (no rental) \$56/\$61 non-residents V216BMB  
 Lesson and Transportation (Season pass Holder) \$36/\$41 non-residents V216BMC

## FEBRUARY BREAK SKI TRIP - HUNT HOLLOW

Enjoy the day skiing at Hunt Hollow. Bring extra money or pack a lunch. Dress appropriately for weather. Please write if skiing or snowboarding under additional information on registration form.

**LOCATION:** Meet Bus at Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 4 – 8th Grade  
**INSTRUCTOR:** VPR Staff  
**DAYS/DATES:** Thursday, 2/18/16  
**TIMES:** 8:00 – 5:00 pm  
**DESCRIPTION:** **FEE:** **PROGRAM #:**  
 Lift Lesson, Ski Rental and Transportation \$66/\$71 non-residents V216HHA  
 Lift, Lesson, Snow Board Rental & Transportation \$71/\$76 non-residents V216HHB  
 Lift & Transportation (no rental) \$51/\$56 non-residents V216HHC

## LASER TAG

Come enjoy the fast pace game of laser tag with friends at Laser Quest in Greece, NY. Have a pizza and soda for lunch. Bring extra money for video games.

**LOCATION:** Meet bus at Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 2nd - 9th Grade  
**INSTRUCTOR:** VPR Staff  
**DAYS/DATES:** Friday, 2/19/16  
**TIMES:** **FEE:** **PROGRAM #:**  
 8:30 AM – 2:00 PM, \$32/\$37 non-residents V216LTA  
 Trip only.  
 8:30 AM – 5:30 PM, \$37/\$42 non-residents V216LTP  
 Trip & extra games and activities at VPR

## WONDER WORKS TRIP

Come join some friends as we travel to Destiny USA in Syracuse to Wonder Works then back to Parks & Recreation for some Gym/Board Games. Bring extra money for lunch & snacks.

**LOCATION:** Meet the van at Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 2 – 8th Grade  
**INSTRUCTOR:** VPR Staff  
**DAY/DATE:** Friday, 3/25/16  
**TIMES:** **FEE:** **PROGRAM #:**  
 8:30 AM – 3:30 PM, \$30/\$35 non-residents V316WWA  
 Trip only.  
 8:30 AM -5:30 PM, \$40/\$45 non-residents V316WWP  
 Trip & extra games and activities at VPR

## JUNGLE JOLT TRIP

Come join some friends as we bounce and play our way through recess week then back to Parks & Recreation for some Gym/Board Games. Bring extra money for lunch & snacks or bring a bag lunch.

**LOCATION:** Meet the bus at Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** K – 6th Grade  
**INSTRUCTOR:** VPR Staff  
**DAY/DATE:** Monday, 3/28/16  
**TIMES:** **FEE:** **PROGRAM #:**  
 8:30 AM – 1:30 PM, \$29/\$34 non-residents V416JJA  
 Trip only.  
 8:30 AM -5:30 PM, \$39/\$44 non-residents V416JJP  
 Trip & extra games and activities at VPR

## SENECA PARK ZOO

Visit the sea lions, penguins, polar bears and the rest of our animal friends as we tour the zoo. Bring a bag lunch. Dress for weather.

**LOCATION:** Meet the bus at Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** K - 6th Grade  
**INSTRUCTOR:** VPR Staff  
**DAYS/DATES:** Tuesday, 3/29/16  
**TIMES:** **FEE:** **PROGRAM #:**  
 9:00 AM – 1:30 PM, \$17/\$22 non-residents V416SZA  
 Trip only.  
 8:30 AM -5:30 PM, \$27/\$32 non-residents V416SZP  
 Trip & extra games and activities at VPR



**Register Online**  
 It's only a point and click away  
 at [www.victoryny.org](http://www.victoryny.org)

# RECESS PROGRAMS

## HORIZON FUN FX

Spend the day roller skating and playing in the jungle gym at Horizon Fun FX.

**LOCATION:** Meet the bus at Victor Parks & Recreation,  
7891 Lehigh Crossing

**AGES:** K - 6th Grade

**INSTRUCTOR:** VPR Staff

**DAY/DATE:** Wednesday, 3/30/16

<b>TIME:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
8:30 AM – 2:30 PM,	\$29/\$34 non-residents	V416HFA
Trip only.		

8:30 AM – 5:30 PM,	\$39/\$44 non-residents	V416HFP
Trip & extra games and activities at VPR		

## GO KARTING AT MINNEHANS

Big and small alike can drive!! Hit a few in the batting cages, play a round of mini golf or climb in the ball pit. Bring extra money for lunch, snacks and video games, (or bag lunch)

**LOCATION:** Meet the bus at Victor Parks & Recreation,  
7891 Lehigh Crossing

**AGES:** K - 6TH Grade

**INSTRUCTOR:** VPR Staff

**DAY/DATE:** Thursday, 3/31/16

<b>TIMES:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
8:30 AM – 3:30 PM,	\$27/\$32 non-residents	V416GKA
Trip only.		

8:30 AM – 5:30 PM,	\$32/\$37 non-residents	V416GKP
Trip & extra games and activities at VPR		

## RMSC AND PLANETARIUM TRIP

Come join some friends on a trip to the museum, then a "show" at the Planetarium. Bring a bag lunch or money to buy.

**LOCATION:** Meet the bus at Victor Parks & Recreation,  
7891 Lehigh Crossing

**AGES:** 1st – 8th Grade

**INSTRUCTOR:** VPR Staff

**DAYS/DATES:** Friday, 4/1/16

<b>TIME:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
8:30 AM – 2:00 PM,	\$27/\$32 non-residents	V416RPA
Trip only.		

8:30 AM – 5:30 PM,	\$37/\$42 non-residents	V416RPP
Trip & extra games and activities at VPR		

## SUPERINTENDENT CONFERENCE DAY WITH THE GAME GAMUT

Join Victor Parks & Recreation and the Game Gamut for some board games and puzzles. Try some new games out and see if you want to buy them. Wear sneakers for active games. Bring a bag lunch and a snack.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** K – 6th Grades

**INSTRUCTOR:** VPR Staff & The Game Gamut

**DAYS/DATE:** Monday, 4/18/16

<b>TIMES:</b>	<b>FEE:</b>	<b>PROGRAM#:</b>
8:30 AM – 12:00 PM	\$19/\$21 non-residents – ½ day	SB416GGA
8:30 AM – 5:30 PM	\$34/\$37 non-residents – FULL DAY	SB416GGP

# PRE-TEEN & TEEN PROGRAMS

**HORSEBACK RIDING** See page 9

## BALLET & CONDITIONING FOR FIGURE SKATERS, DANCERS CHEERLEADERS AND ATHLETES

This class is designed for a variety of athletes. Come and learn exercises to obtain the edge over the competition in a fun and energetic atmosphere by strengthening your body's muscles and sharpening your ballet skills. We will pay special attention to correct posture, proper execution of the arms and the fluidity and flow of the upper body, strengthening the legs, enhancing your balance and perfecting your footwork. The class will also consist of Pilates and other stretching exercises on mats to improve your core strength, leg strength and flexibility.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** Ages 10 and up (or per dance Instructor's permission)

**INSTRUCTOR:** Sharon Trubisky-Mikulec

**FEE:** \$80/\$90 non-residents

**DAYS/TIME:** Mondays, 6:00 – 7:00 PM

**DATE:** **PROGRAM #:**

Session 1: 1/11 – 2/29/16 (no class 1/18 or 2/15) SM116BC

Session 2: 3/7 – 4/18/16 (no class 3/28) SM316BC

Session 3: 4/25 – 6/6/16 (no class 5/30) SM516BC

**NOTE:** Attire: Workout attire, tennis shoes and hair pulled back. Yoga mats are welcomed, but not required and please bring a drink each week.

**ADULT BALLET BARRE WORKOUT** (starting 1/20/15)  
See page 29

**PERSONAL DEFENSE TRAINING** (starting 1/27/16)  
See page 26

**NEW!** **DISC GOLF PUTTING LEAGUE**  
(starting 1/28/16) See page 30



# PRE-TEEN & TEEN PROGRAMS

## ADVENTURE CLUB

Come and join the adventure club to develop some relationships and take part in adventurous activities. Meetings are one Thursday a month in the Junior High Library. The next meeting is January 21, 2016 at 2:17 PM – 3:00 PM. Call Steve for information and activity schedule 737-7457.

**LOCATION:** Victor Junior High Library, 953 High Street

**AGES:** 12 years old and up

**INSTRUCTOR:** Steve & VPR Staff

**DAYS/DATES:** one Thursday a month

**TIMES:** 2:15 PM – 3:00 PM (during Activity Period Meetings)

**PROGRAM #:** Adventure Club Members 2015-16

\*\* Sign-up as an Adventure Club Member and stay informed!

### Our next scheduled trips are:

Friday, December 4, 2015	LaserQuest
Monday, January 18, 2016	Glacier Ridge Snow Tubing
Saturday, February 6, 2016	Rock climbing
Thursday, February 18, 2016	Hunt Hollow Ski Trip
Friday, March 4, 2016	Laser Tag Friday,
March 18, 2016	Amerks Game
Friday, April 15, 2016	Teen Night / Midnight Bowl
Sunday, May 1, 2016	White Water Rafting
Sunday, May 15, 2016	Horseback Riding
Friday, June 3, 2016	Go carting at Minnehan's

## KAYAKING 101

Get a head start on summer and learn the basics of kayaking in the comfort of the indoor pool at the Victor Aquatics Center. You will learn basic kayaking strokes, safety and self-rescue skills, and improve your boat handling abilities. Equipment will be provided (includes kayak, paddle, and lifejacket). We will incorporate the skills into games and play time! Space is limited. Pre-requisite: Participants must be able to swim to enroll in this class.

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**AGES:** 12 yrs. & up

**INSTRUCTOR:** Nicole Fulle & VPR Staff

**FEE:** \$80/\$85 non-residents

**DAYS/TIMES:** Saturdays, 3:30 – 5:30 PM

<b>DATES:</b>	<b>PROGRAM#:</b>
2/27 & 3/5/16	NF216K
3/12 & 3/19/16	NF316K



## BOATING – NEW YORK SAFE BOATING SAFETY COURSE

New York State requires all individuals born on or after 5/1/96 to successfully complete an approved course in boater education in order to operate a motorboat. This course requires a minimum of 8 hours of classroom instruction. Students must pass a final exam with a score of 76%. Students will receive a temporary boating safety certificate upon completion of the course. Students 18 years of age and older will be required to pay a \$10 fee to NYS for issuance of a permanent boating safety certificate. Permanent boating safety certificates do not expire. A minimum of 6 participants needed for the program to run. Check the Victor Parks and Recreation web site for additional class dates.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** 10 years and older

**INSTRUCTOR:** Hank Holden

**FEE:** \$40/\$45 non-residents

**TIMES:** 5:00 – 9:00 PM (both days) – this is a two day course

<b>DATES:</b>	<b>DAYS:</b>	<b>PROGRAM #:</b>
March 22 & 24	Tuesday & Thursday	HH316BS
April 25 & 27	Monday & Wednesday	HH416BS
May 24 & 26	Tuesday & Thursday	HH516BS

## TEEN NIGHT AT VICTOR PARKS & RECREATION

Come out and enjoy a night of foosball, ping-pong, table games and more! Bring extra money for snacks.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 6th – 10th Grade

**INSTRUCTOR:** VPR Staff

**FEE:** \$13/\$16 non-residents

**DAY/DATE:** Friday, 4/15/16

**TIMES:** 7:00 – 9:30 PM

**PROGRAM#:** AC416TN

Then.....

## MIDNIGHT BOWLING

Come enjoy a late night bowl with your friends! Bring extra money for snacks.

**LOCATION:** Meet at Victor Parks & Recreation, 7891 Lehigh Crossing. Then take the bus to Roseland Bowl, Canandaigua pickup at Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 6th – 10th Grade

**INSTRUCTOR:** VPR Staff

**FEE:** \$16/\$19 non-residents

**DAY/DATES:** Friday, 4/15/16

**TIMES:** 9:30 PM – 1:00 AM

**PROGRAM#:** AC416MB

## BOTH TEEN NIGHT & MIDNIGHT BOWLING

**FEE:** \$26/\$31 non-residents

**TIMES:** 7:00 PM – 1:30 AM

**PROGRAM #:** AC416TB

**WHITE WATER RAFTING** (5/1/16) See page 5

# AQUATICS PROGRAMS

## WINTER AQUATIC PROGRAMS

Victor Parks and Recreation Swim Programs provide a fun and friendly atmosphere for children to learn water adjustment and safety skills and to be introduced to basic and advanced swimming strokes. Our certified staff is anxious to teach your child to swim and be safe around water. Parents do not stay in the swim area.

### PARENT & ME SWIMMING INSTRUCTION

Child, parent and instructor work together to help children adjust to the water. This program includes basic safety practices to help parents keep children ages 6 months to 3 years safe in and around water. An adult must accompany child in the water. Please do not bring any other children to class.

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**AGES:** 6 months – 3 years

**INSTRUCTOR:** VPR Certified Aquatics Staff

**FEE:** \$45/\$55 non-residents

**DAYS:** Saturdays, 4:00 – 4:30 PM

**DATES:** 2/27 – 4/9/16 (no class 3/26)

**PROGRAM#:** AQ216PM

### TOT SWIMMING INSTRUCTION

Preschool age children will receive an introduction to water in a controlled and comfortable environment. Using a "Tot Dock," children will be in shallow water in a fun, friendly and safe environment. This is for children only (not parent/child) with a small class size. Register early!

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**AGES:** 3 – 5 year olds (must be 3 by 2/27/16)

**INSTRUCTOR:** VPR Certified Aquatics Staff

**FEE:** \$45/\$55 non-residents

**DAYS/TIMES:** Saturdays, 3:30 – 4:00 PM

**DATES:** 2/27 – 4/9/16 (no class 3/26)

**PROGRAM#:** AQ216TS

## SWIM LESSON LEVELS DESCRIPTIONS

**Level 1 (Beginner 1):** This group is made up of kids independent of their parents (parent's don't stand by water) who are working on putting their face in the water, holding their breath underwater or floating on their front or back.

**Level 2 (Beginner 2):** Children in this group can float a little and feel comfortable with their faces in the water, but are still working on making progress through the water.

**Level 3 (Beginner 3):** This group can swim in the shallow end with their faces in the water, but continue to work on the confidence to feel comfortable in water over their head.

**Level 4 (Advanced Beginner):** Children can swim in the deep end but are working on rhythmic breathing on front crawl and performing the elementary backstroke.

## WINTER SWIM LESSONS

Children will explore swimming beginning with learning how to float on their front and back, putting their faces in the water as well as rhythmic breathing through stroke development in a fun, friendly and safe environment. Not sure which level your child belongs in? Check the descriptions below:

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**INSTRUCTOR:** VPR Certified Aquatics Staff

**FEE:** \$45/\$55 non-residents per class

**DATES:** 2/27 – 4/9/16 (no class 3/26)

**DAYS:** Saturday Afternoons

**LEVEL:** **TIME:**  
Level 1 2:30 – 3:30 PM

4:30 – 5:30 PM

Level 2 2:30 – 3:30 PM  
3:30 – 4:30 PM

Level 3 2:30 – 3:30 PM  
4:30 – 5:30 PM

Level 4 2:30 – 3:30 PM  
3:30 – 4:30 PM

**PROGRAM#:**

AQ216L1A

AQ216L1B

AQ216L2A

AQ216L2B

AQ216L3A

AQ216L3B

AQ216L4A

AQ216L4B

## INTRO TO COMPETITIVE SWIM (LEVEL 5 AND UP)

This program is designed for those who are considering doing competitive swimming and have a basic understanding of butterfly, backstroke, breaststroke and freestyle (Level 5 and up). Participants will be introduced to the basics of competitive swimming workouts while continuing to refine stroke technique.

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**INSTRUCTOR:** VPR Certified Aquatics Staff

**FEE:** \$55/\$65 non-resident per class

**DAY/TIME:** Saturdays, 3:30 – 4:30 PM

**DATES:** 2/27 – 4/9/16 (no class 3/26)

**PROGRAM#:** AQ216CS



# AQUATICS PROGRAMS

## KAYAKING 101

Get a head start on summer and learn the basics of kayaking in the comfort of the indoor pool at the Victor Aquatics Center. You will learn basic kayaking strokes, safety and self-rescue skills, and improve your boat handling abilities. Equipment will be provided (includes kayak, paddle, and lifejacket). We will incorporate the skills into games and play time! Space is limited. Pre-requisite: Participants must be able to swim to enroll in this class.

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**AGES:** 12 yrs. & up

**INSTRUCTOR:** Nicole Fulle & VPR Staff

**FEE:** \$80/\$85 non-residents

**DAYS/TIMES:** Saturdays, 3:30 – 5:30 PM

**DATES:**

2/27 & 3/5/16

3/12 & 3/19/16

**PROGRAM#:**

NF216K

NF316K

## ADULT LEARN TO SWIM

This program is designed for the adult who has not previously taken swim lessons at any level or who may not feel comfortable around water. Basic water safety techniques will be covered as well as beginner stroke development. Strokes that will be covered are: front crawl, elementary backstroke and sidestroke. Please contact Christine Winter with additional questions at (585) 742-0145

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**AGES:** 18 and up

**INSTRUCTOR:** VPR Certified Aquatics Staff

**FEE:** \$55/\$65 non-residents

**DAY/TIME:** Saturdays, 4:30 – 5:30 PM

**DATES:** 2/27 – 4/9/16 (no class 3/26)

**PROGRAM#:** AQ216AS



## LAP SWIMMING IN THE EARLY AM

Come join us at the Victor Aquatics Center for your morning workout! The Victor High School Pool is available for lap swimming. The pool locker rooms and showers will be available for your convenience. Purchase a 20 visit punch pass on-site or at the Parks and Recreation office. Drop-ins are welcome. No online registrations. Participants in this program must demonstrate appropriate lap swim etiquette as recommended by the Victor Schools Aquatics Director. Visit [www.victorschools.org](http://www.victorschools.org) for more information. Please Note: It is mandatory that ALL participants sign-in upon entering the facility.

**LOCATION:** Victor Schools Aquatic Center, 953 High Street

**AGES:** Open to All

**INSTRUCTOR:** VPR Certified Lifeguards

**DAYS/TIMES:** Monday – Friday, 5:30 AM – 7:30 AM

**DATES:** School Days & Some additional days

**PASS:** **FEE:** **PROGRAM #:**

Walk-in Pass \$2 Victor School District residents/ V116LSW

\$3 non-VSD residents

20 Visit \$35 Victor School District residents/ V116LSP

Punch Pass \$55 non-VSD residents

\*\* Senior Citizen (55+) discount for a 20 Visit Punch Pass: \$5 (\$30/\$50)

## GENESEE VALLEY MASTERS SWIM CLUB

A US Masters registered program offering high-quality coaching and instruction for everyone – competitive swimmers, triathletes, lap swimmers, and anyone else interested in this lifelong sport. The program meets at the Victor Central School District (VCSD) Aquatic Center and Perinton Aquatic Center. Workouts and coaching for all levels (it is suggested you be able to swim 100-200 yards continuously). Please contact Matt Steffen at [msteffen@perinton.org](mailto:msteffen@perinton.org) or (585) 223-5050 x1190 for information on a 2-week free trial, registration details or additional information to get started. Workout times and locations (may attend however many you want):

**VCSD Aquatics Center:** Tues/Thurs; 5:30 – 7:00 AM

**Perinton Aquatics Center:** Mon/Wed/Fri; 6:00 – 7:30 AM

Tues/Thurs; 11:30AM – 1:00PM

Mon/Wed; 7:30 – 9:00 PM

**Resident Registration Begins:  
Monday, November 30, 2015.**

**Non-residents  
Registration Begins:  
Monday, December 7, 2015.**

**Programs beginning in November  
& December 2015 are open to everyone  
for registration now.**

# TENNIS PROGRAMS

**NEW!**

## PLATFORM (PADDLE) TENNIS 101

Learn what a fun, fast-paced, outdoor sport Paddle can be in four 1 hour sessions. Paddle is played on a court about 1/4 the size of a standard tennis court using paddles and a rubber ball. You will be taught the strokes of the game, rules, scoring and strategy. The courts are skid-resistant, heated to melt ice and snow, and are surrounded by screened walls.

Whether you have previous racquet sports experience, or not, it's a great way to get outdoors and stay active over the winter months! Equipment is provided, court shoes are required, no running or training shoes.

**LOCATION:** Tennis Club of Rochester, 570 Kream Rd, Pittsford

**AGES:** 18 years +

**INSTRUCTOR:** Tennis Club of Rochester Staff

**FEE:** \$40/\$45 non-residents

DAY:	TIME:	DATES:	PROGRAM#
Wednesdays	10:00 – 11:00 AM	1/20 – 2/10/16	TC116PTWA
Wednesdays	5:30 – 6:30 PM	1/20 – 2/10/16	TC116PTWP
Wednesdays	10:00 – 11:00 AM	2/24 – 3/16	TC216PTWA
Wednesdays	5:30 – 6:30 PM	2/24 – 3/16	TC216PTWA
Saturdays	8:30 – 9:30 AM	1/23 – 2/13/16	TC116PTSA
Saturdays	1:00 – 2:00 PM	1/23 – 2/13/16	TC116PTSP
Saturdays	8:30 – 9:30 AM	2/27 – 3/19/16	TC216PTSA
Saturdays	1:00 – 2:00 PM	2/27 – 3/19/16	TC216PTSP

## JUNIOR AND ADULT TENNIS INSTRUCTION

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 Streb, USPTA Pro, will coordinate the program 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 New York State Tennis Coach of the Year in 1994. Come join us and have fun while you learn the sport of tennis.

## INDOOR TENNIS INSTRUCTION – SESSION 1

**LOCATION:** Harley School (Indoor Tennis Courts) – 1981 Clover Street, Brighton

**AGES:** 4 & over (Junior and Adult)

**INSTRUCTOR:** Dave Streb, USPTA Teaching Professional and assistants

DAY:	TIME:	DATES:	FEE:	PROG#
Tues	7:30-9:30 PM	1/12 – 2/9/16 (Adults Only)	\$175/ \$185 non-res	DS116MT
Wed	5:30-7:00 PM	1/13 – 2/10/16	\$140/ \$150 non-res	DS116WT
Sat	2:00-3:30 PM	1/9 – 2/6/16	\$140/ \$150 non-res	DS116AT
Sun	1:00-2:30 PM	1/10 – 2/7/16	\$140/ \$150 non-res	DS116UT

## INDOOR TENNIS INSTRUCTION – SESSION 2

**LOCATION:** Harley School (Indoor Tennis Courts) – 1981 Clover Street, Brighton

**AGES:** 4 & over (Junior and Adult)

**INSTRUCTOR:** Dave Streb, USPTA Teaching Professional and assistants

DAY:	TIME:	DATES:	FEE:	PROG#
Tues	7:30-9:30 PM	2/23 – 3/22/16 (Adults Only)	\$175/ \$185 non-res	DS216MT
Wed	5:30-7:00 PM	2/24 – 3/23/16	\$140/ \$150 non-res	DS216WT
Sat	2:00-3:30 PM	2/27 – 3/26/16	\$140/ \$150 non-res	DS216AT
Sun	1:00-2:30 PM	2/28 – 3/27/16	\$140/ \$150 non-res	DS216UT

## INDOOR TENNIS INSTRUCTION – SESSION 3

**LOCATION:** Harley School (Indoor Tennis Courts) – 1981 Clover Street, Brighton

**AGES:** 4 & over (Junior and Adult)

**INSTRUCTOR:** Dave Streb, USPTA Teaching Professional and assistants

DAY:	TIME:	DATES:	FEE:	PROG#
Tues	7:30-9:30 PM	4/19 – 5/17/16 (Adults Only)	\$175/ \$185 non-res	DS416MT
Wed	5:30-7:00 PM	4/20 – 5/18/16	\$140/ \$150 non-res	DS416WT
Sat	2:00-3:30 PM	4/16 – 5/21/16	\$140/ \$150 non-res	DS416AT
Sun	1:00-2:30 PM	4/17 – 5/22/16	\$140/ \$150 non-res	DS416UT

## SPRING TENNIS INSTRUCTION

**LOCATION:** Victor Senior High School Tennis Courts, 953 High St.

**AGES:** 5 & over (Junior and Adult)

**INSTRUCTOR:** Dave Streb, USPTA Teaching Professional and assistants

**FEE:** \$102/\$112 non-residents

**TIME:** 1:00 – 2:30 PM

DAY:	DATES:	PROGRAM #:
Saturdays	4/30 – 6/11/16 (No class 5/28)	DS416STSA
Sundays	5/1 – 6/12/16 (No class 5/29)	DS516STSU

## INDIVIDUAL LESSON

**LOCATION:** TBA

**AGES:** 4 & over (Junior and Adult)

**INSTRUCTOR:** Dave Streb, USPTA Teaching Professional and assistants

**FEE:** \$60 per 1 hour lesson (one time introduction fee)

**DATES:** Call Dave @ 585-697-7766 to make arrangements

Directions are provided on the website. For more information contact Dave at 697-7766 or [www.davestrebacademy.com](http://www.davestrebacademy.com)

Other tennis programs are available through Dave.

# MARTIAL ARTS PROGRAMS

## PERSONAL DEFENSE TRAINING

This is reality based personal defense training based on combative art styles from around the world. You will learn concepts and practical techniques to help defend yourself and others from verbal, physical, and violent confrontations. We teach awareness, proper breathing, stress adrenaline management, mobility, blocking, striking, kicking, weapons use, and defense. Participants will improve strength, speed, flexibility, and endurance. We care about your personal safety, in a world where knowledge, skill sets, and preparedness are paramount for survival. Loose, comfortable clothing and sneakers are recommended.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGE:** 12 years to Senior (younger by review)

**INSTRUCTORS:** Defense Tactics LLC staff

**FEE:** \$100/\$110 non-residents (8 weeks)

**DAYS/TIMES:** Wednesdays, 6:30 – 8:00 PM

**DATES:** 1/27 – 3/16/16

**PROGRAM #:** JG116WPD

## LITTLE DRAGONS MARTIAL ARTS INTRODUCTORY PROGRAM

Looking for the perfect activity to build confidence, respect, cooperation and athletic ability? Karate does all that and more! Safe, fun and energetic games help kids develop focus, discipline and respect. This package includes an introductory meeting, a free uniform, and a month of classes. All classes take place at our professional 7200 square foot facility. Students take two classes a week and can choose from multiple options. Transportation from Victor schools is available.

**LOCATION:** United Martial Arts Center - 160 School St.

**AGES:** 4-7 years old

**INSTRUCTOR:** UMAC Staff

**FEE:** \$99/\$109 non-residents

**TIME/DATES:** Students can begin their 1 month at any time.

**DAYS:** Monday – Thursday; & Saturday

**PROGRAM #:** UM116LD

## JUNIOR KARATE INTRODUCTORY PROGRAM

Looking for an activity that will build respect, assertiveness and confidence? Challenging drills, high-flying kicks, and effective techniques keep our students excited and involved. Students are transformed into confident, fit, respectful and disciplined individuals. This package includes an introductory meeting, a free uniform, and a month of classes. Students take two classes a week and can choose from multiple options. All classes take place at our professional 7200 square foot facility. Transportation from Victor schools is available.

**LOCATION:** United Martial Arts Center - 160 School St.

**AGES:** 8-13 years old

**INSTRUCTOR:** UMAC Staff

**FEE:** \$99/\$109 non-residents

**TIME/DATES:** Students can begin 1 month at any time.

**DAYS:** Monday – Thursday; & Saturday

**PROGRAM #:** UM116JK

## GRACIE JUNIOR JIU-JITSU/BULLYPROOF INTRODUCTORY PROGRAM

Gracie Jiu-Jitsu is an excellent world-renowned program for students. In this class, our goal is to instill unshakable confidence in your child. We will prepare your child with a combination of leverage-based control holds to neutralize threats without violence. Your child will be prepared to defend themselves against bullies without turning them into one. This package includes an introductory meeting and a month of classes. Students take two classes a week and can choose from multiple options. Your child can start the program at any time and participate in any class without previous experience.

**LOCATION:** United Martial Arts Center - 160 School St.

**AGES:** 8-13 years old

**INSTRUCTOR:** UMAC Staff

**FEE:** \$99/\$109 non-residents

**TIME/DATES:** Students can begin 1 month at any time.

**DAYS:** Monday - Thursdays

**PROGRAM #:** UM116JJ

## GRACIE ADULT JIU-JITSU INTRODUCTORY PROGRAM

Gracie Jiu-Jitsu is our beginner program for adults. In this program, you will learn the 36 core techniques of Gracie Jiu-Jitsu in a fun, safe, and cooperative environment. Each one-hour lesson addresses one standing and one ground self-defense technique. You can start the program at any time and participate in any class without previous experience and, since safety is our number one concern, there is no competitive sparring in this program. Upon successful completion of the Gracie beginner program you will be eligible for a Gracie Jiu-Jitsu Blue Belt and you will qualify for advancement to the Master Cycle program. Students take two classes a week and can choose from multiple options, including daytime classes.

**LOCATION:** United Martial Arts Center - 160 School St.

**AGES:** 14 years and older

**INSTRUCTOR:** UMAC Staff

**FEE:** \$99/\$109 non-residents

**DATES:** Students can begin 1 month at any time.

**DAYS:** Mondays - Thursdays, & Saturdays

**PROGRAM #:** UM116AJ



# MARTIAL ARTS PROGRAMS

## ADULT KARATE INTRODUCTORY PROGRAM

Looking for a way to get in shape while learning a martial art and having fun? Karate is the class for you. Martial arts will help you develop the determination, focus, and self-discipline to achieve success in any endeavor you attempt. Karate at the United Martial Arts Center is the place to be if you are interested in getting in shape and looking your best while learning to defend yourself and your loved ones. It's a great overall fitness program for men and women – no experience necessary. All classes taught by Black Belt instructors.

**LOCATION:** United Martial Arts Center - 160 School St.  
**AGES:** 14 years and older  
**INSTRUCTOR:** UMAC Staff  
**FEE:** \$99/\$109 non-residents  
**DATES:** Students can begin 1 month at any time.  
**DAYS:** Tuesdays & Thursdays  
**TIMES:** 7:00 – 8:30PM  
**PROGRAM #:** UM116AK

## TINY TIGERS KARATE

Tiny Tigers is an action packed martial arts program for pre-school aged students. This outstanding eight week program is designed for three and four year olds. Classes take place once a week for 30 minutes. Students learn traditional karate basics and self-defense, while developing balance, coordination, and timing, using an exciting and fun age-appropriate curriculum! The program is designed so that it is fun and consistent with the child's developmental level. The children stay excited and engaged, and they look forward to their next class!

This package includes a martial arts uniform.  
**LOCATION:** United Martial Arts Center - 160 School St.  
**AGES:** 3 and 4 year old students  
**INSTRUCTOR:** UMAC Staff  
**FEE:** \$115/\$125 non-residents  
**DATES:** Students sign up for 8 weeks sessions.  
Call for the start date of the next session.  
**DAYS:** Call UMAC for available days and times – 924-7450  
**TIMES:** Call UMAC for available days and times – 924-7450  
**PROGRAM #:** UM116TT

# INCLUSIVE SERVICES PROGRAMS

## WORKING IN CONJUNCTION WITH ONTARIO COUNTY ARC

### HOLIDAY HAPPENING

Come out and experience the wonders of the Festive Holiday Season. We will enjoy holiday decorations, dance to tunes provided by our DJ's Wade and Mike, and snack on refreshments as we turn the lodge into a winter wonderland.

**LOCATION:** Victor Municipal Park & Lodge,  
6680 Paparone Drive, off of Brace Road  
**AGES:** 18 and up  
**FEE:** \$6 per person, Free for ARC staff  
**DAYS/DATES:** Friday, 12/11/15  
**TIME:** 6:30 – 8:30 PM  
**PROGRAM #:** ARC1215HH

### SOCK HOP

Slick back your hair, put on your jeans, and come and dance to the music of the 50's with all your friends. Music will be played by DJ's Mike and Wade, and a light snack will be provided.

**LOCATION:** Victor Municipal Park Lodge,  
6680 Paparone Drive, off of Brace Road  
**AGES:** 18 and up  
**FEE:** \$6 per person, Free for ARC staff  
**DAYS/DATES:** Friday, 4/15/16  
**TIME:** 6:30 – 8:30 PM  
**PROGRAM #:** ARC416SH

### VOLUNTEERS NEEDED

The Autism Center at Ontario ARC is seeking volunteers for Active Academy After School and for their Social Skills groups. Active Academy After School is in need of volunteers for the Canandaigua and Victor School sites. The after school program runs from 2:15 PM to 6:00 PM, Monday – Friday in the Canandaigua and Victor primary schools, and follows each school district's calendar. All groups are seeking volunteers and we can accommodate flexible schedules. If you are interested in volunteering, please contact Donna Auria at [dauria@ontarioarc.org](mailto:dauria@ontarioarc.org).

### ONTARIO ARC ACTIVE ACADEMY

Developed by Ontario ARC, Active Academy offers children ages 8 through 14 a safe, nurturing environment to meet each child's unique and dynamic needs. The program's engaging activities are fun and support children as they boost their social, sensory, reading and academic skills. This healthy balance of recreational and academic support from a Special Education Teacher gives each student the tools to enjoy more independence and experience success in and out of the classroom.

#### Eligibility Requirements:

Students must meet the following criteria:

- Eligible for services through OPWDD
- Be between the ages of 8 and 14 years
- Have the ability to adapt to a new environment without a high level of support

#### Location/Days & Times:

Canandaigua Active Academy – Canandaigua School District

- Monday – Friday, 2:15 - 6:00pm\*

**\*Follows the Canandaigua School District calendar**

Victor Active Academy – Victor School District

- Monday – Friday, 2:15 - 6:00pm\*

**\*Follows the Victor School District calendar**

The cost of the program is \$125 per month.

Registration Information: Contact Diane Van Derwater, [dvanderwater@ontarioarc.org](mailto:dvanderwater@ontarioarc.org), 585-919-2148



# INCLUSIVE SERVICES PROGRAMS

## SOCIAL SKILLS GROUPS

The Autism Center at Ontario ARC offers children, teens and young adults on the spectrum an assortment of programs designed to enhance their social and communication skills while building their self-esteem, confidence and independence. Programs are held at The Autism Center located at 3071 County Complex Drive in Canandaigua, New York. Social Skills Groups include Lego Group, Brick Building Group, RYUU, NextStep Prep, Girls Just Want To Have Fun, Empower Yourself, RESPECT: Healthy Love, Power of Play/Play Therapy Group, Out and About, SibShops, and more. To join one of these groups, or for more information, please contact Diane Van Derwater at [dvanderwaterdvanderwater@ontarioarc.org](mailto:dvanderwaterdvanderwater@ontarioarc.org) or 585-919-2148.

## FEEL THE BEAT

Feel the Beat is Ontario ARC's autism movement therapy program that provides people of all ages and abilities the opportunity to express themselves through movement and dance. Our program is expanded to include all individuals regardless of diagnosis. Led by an autism movement therapy instructor, these classes combine music, dance patterns and rhythm, connecting the left and right sides of the brain promoting cognitive thinking, speech and language skills, academics and positive behavior.

Upcoming sessions can be found on Ontario ARC's website, [www.ontarioarc.org](http://www.ontarioarc.org). or contact Diane Van Derwater at [dvanderwaterdvanderwater@ontarioarc.org](mailto:dvanderwaterdvanderwater@ontarioarc.org) or 585-919-2148.

## OUT & ABOUT

Get Out & About with The Autism Center at Ontario ARC. Each month the group offers different community activities for children/tweens/teens/young adults with and without disabilities. Previous group outings have been at SkyZone, Laser Quest, The Rochester Museum & Science Center, and Roseland Bowl. Future planning includes: trips to Letchworth State Park, swimming, introduction to various sports, Red Wings game, Buffalo Bills Training Camp, water and hiking safety courses, Sea Breeze, and more!

For more information, contact Diane Van Derwater at (585) 919-2148 or [dvanderwater@ontarioarc.org](mailto:dvanderwater@ontarioarc.org).

## MINECRAFT

The popular electronic game joins The Autism Center's growing menu of innovative programs available for the community. Each player will become an admin in this electronic world and will learn the rules of social etiquette, communication and responsibility. Players will work together to gather food for the community, build stores to supply necessary items, build parks and engineer new cities. The group will utilize Minecraft Edu, a version of the original game designed by teachers for use in classroom and group settings. Ages 8 & up are welcome to register.

Each 8-week session is held at Ontario ARC's Main Facility in Canandaigua, NY. The cost for one 8-week session is \$80 and registration is required. To register for an upcoming session, please contact Diane Van Derwater at (585) 919-2148 or [dvanderwater@ontarioarc.org](mailto:dvanderwater@ontarioarc.org).

# ADULT PROGRAMS

## Fitness Programs

### AEROBIC AND WEIGHT TRAINING WORKOUT – WINTER 2016

Come join our fitness experts for a total body approach to fitness. This is a year round program. Wear comfortable clothes, sneakers, and a smile and get ready to get that heart pumping! Participants must register and purchase a convenient and economical "Fitness Pass" for all aerobic programs. Fitness passes can be purchased in the Parks and Recreation office Monday - Thursday from 8:30am to 7:30pm and Fridays from 8:30am to 4:30pm. Class walk-ins are welcome as well.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Open to all ages

**INSTRUCTOR:** Julie Vanderstyne, AFAA CERTIFIED  
Bettina Kalish and Kathy Eychner

High/Low, Step, Slide and Body Sculpting (Babysitting included – M-F AM class only)

<b>DAYS:</b>	<b>TIMES:</b>
Mon-Fri (Babysitting included)	9:15 AM – 10:15 AM
Mon, Wed, & Thurs – evening classes	6:30 PM – 7:30 PM
Saturdays – Circuit	8:00 AM – 9:00 AM

<b>FEES:</b>	<b>PROGRAM #:</b>
Fitness Pass: Adults 18 - 54 yrs. Students & Seniors	
(4) Class Pass \$28	\$25 A116-04
(8) Class Pass \$51	\$44 A116-08
(16) Class Pass \$75	\$64 A116-16
(32) Class Pass \$105	\$95 A116-32

**WALK-IN FEE:** \$8 (all classes)

**NON-RESIDENT FEE:** \$10 per season (January – April)

## ZUMBA®

Zumba® combines high energy and motivating music with unique moves and combinations that are combined to tone and sculpt your body while burning fat. It is based on the principle that a workout should be 'FUN AND EASY TO DO.' Zumba® is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout. Zumba® is very infectious and is definitely the latest, most exciting fitness sensation!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** 15 years & up

**INSTRUCTOR:** Heather Ottnod Zumba® certified instructor

<b>DAYS:</b>	<b>TIME:</b>
Tuesday	6:30 – 7:30 PM
Thursday	5:25 – 6:25 PM
Saturday	9:15 – 10:15 AM

**DATES:** Ongoing

<b>PASS:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
(1) Class Pass: \$7/\$8 non-residents		Z116-1
(5) Class Pass: \$25/\$30 non-residents		Z116-5
(10) Class Pass: \$45/\$55 non-residents		Z116-10
(20) Class Pass: \$90/\$100 non-residents		Z116-20

**NON-RESIDENT FEE:** \$10 per season (January – April)

## LAP SWIMMING IN THE EARLY AM See page 24

# ADULT PROGRAMS

## ADULT PICK-UP LUNCHTIME SOCCER

Come get your soccer fix on at lunchtime.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** Adults 18 years and up

**INSTRUCTOR:** Steve and Mike

**FEE:** \$25/\$30 non-residents  
\$3 daily fee for drop-ins

**DAY/TIME:** Mondays, 11:45 AM – 1:00 PM

**DATE:**  
1/11 – 4/4/16 (no class 1/18, 2/15, or 3/28)  
4/11 – 6/20/16 (no class 5/30)

**PROGRAM #:**  
V116LTS  
V416LTS

## ADULT PICK-UP LUNCHTIME BASKETBALL

Come play pick-up basketball and get a good lunch time run in!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** Adults 18 years and up

**INSTRUCTOR:** Steve and Mike

**FEE:** \$25/\$30 non-residents  
\$3 daily fee for drop-ins

**DAY/TIME:** Tuesdays, 11:45 AM – 1:00 PM

**DATE:**  
1/12 – 3/22/16 (no class 2/16)  
4/5 – 6/7/16

**PROGRAM #:**  
V116LTS  
V416LTS

## NEW! MAKING TRACKS - CROSS-COUNTRY SKIING (ADULT)

Get outside and get a great aerobic workout in this winter! We will meet at various parks in Victor to enjoy the trails and get your heart pumping. You definitely won't be cold, no matter what the temperature is outside. It's a fun way to get in shape and enjoy the outdoors during the winter months. Bring your own equipment.

**LOCATION:** Town of Victor Parks. Location is determined by snow conditions; Participants will be emailed location at least a week in advance.

**AGES:** 18 yrs. & over

**INSTRUCTOR:** Nicole Fulle

**FEE:** \$45/\$50 non-residents

**DAYS/TIMES:** Tuesdays, 10:00 – 11:30 AM

**DATES:** 1/12/16 – 2/16/16

**PROGRAM#:** NF116MTCC

## NEW! MAKING TRACKS - SNOWSHOEING (ADULT)

Get outside and get a great aerobic workout in this winter! We will meet at various parks in Victor to enjoy the trails and get your heart pumping. You definitely won't be cold, no matter what the temperature is outside. It's a fun way to get in shape and enjoy the outdoors during the winter months. Bring your own equipment.

**LOCATION:** Town of Victor Parks. Location is determined by snow conditions; Participants will be emailed location at least a week in advance.

**AGES:** 18 yrs. & over

**INSTRUCTOR:** Nicole Fulle

**FEE:** \$45/\$50 non-residents

**DAYS/TIMES:** Thursdays, 10:00 – 11:30 AM

**DATES:** 1/14/16 – 2/18/16

**PROGRAM#:** NF116MT2

**NEW!**

## PLATFORM (PADDLE) TENNIS 101

Learn what a fun, fast-paced, outdoor sport Paddle can be in four 1 hour sessions. Paddle is played on a court about 1/4 the size of a standard tennis court using paddles and a rubber ball. You will be taught the strokes of the game, rules, scoring and strategy. The courts are skid-resistant, heated to melt ice and snow, and are surrounded by screened walls.

Whether you have previous racquet sports experience, or not, it's a great way to get outdoors and stay active over the winter months! Equipment is provided, court shoes are required, no running or training shoes.

**LOCATION:** Tennis Club of Rochester, 570 Kreag Rd, Pittsford

**AGES:** 18 years +

**INSTRUCTOR:** Tennis Club of Rochester Staff

**FEE:** \$40/\$45 non-residents

DAY:	TIME:	DATES:	PROGRAM#
Wednesdays	10:00 – 11:00 AM	1/20 – 2/10/16	TC116PTWA
Wednesdays	5:30 – 6:30 PM	1/20 – 2/10/16	TC116PTWP
Wednesdays	10:00 – 11:00 AM	2/24 – 3/16	TC216PTWA
Wednesdays	5:30 – 6:30 PM	2/24 – 3/16	TC216PTWA
Saturdays:	8:30 – 9:30 AM	1/23 – 2/13/16	TC116PTS
Saturdays	1:00 – 2:00 PM	1/23 – 2/13/16	TC116PTSP
Saturdays:	8:30 – 9:30 AM	2/27 – 3/19/16	TC216PTS
Saturdays	1:00 – 2:00 PM	2/27 – 3/19/16	TC216PTSP

## ADULT BALLET BARRE WORKOUT

A fun and easy blend of ballet, fitness, stretching and Pilates inspired movements to improve your balance, flexibility, and range of motion. This dynamic workout not only will burn fat and calories but will also tone and elongate your muscles, slim your thighs and sculpt your upper body. We workout to fun music from the 70's, 80's and 90's through current day hits. Please bring a yoga mat and light hand weights if you have them. Try your first class for free and tell a friend. We had a great turnout and so much fun because most people brought a friend! This will be in ongoing class throughout the year.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** Adults 16 years and up

**INSTRUCTOR:** Sharon Trubisky-Mikulec

**FEE:** \$50/\$60 non-residents

**DAY/TIME:** Wednesdays, 7:00 – 8:00 PM

**DATE:**  
1/20 – 3/9/16 (no class 2/17)  
3/16 – 5/4/16 (no class 3/30)

**PROGRAM #:**  
SM116AB  
SM316AB

**NOTE:** Dress is loose comfortable clothing or dance attire. Ballet slippers welcomed but not required.

### Your opinion matters to us!

If you have comments or ideas for one of the programs or events through Victor Parks and Recreation, we would love to hear from you. Please give us a call at 585-742-0140, e-mail [parksandrec@town-victor-ny.us](mailto:parksandrec@town-victor-ny.us) or use the Town of Victor's official comment card at [www.victoryny.org/](http://www.victoryny.org/) with your comments or ideas.

# ADULT PROGRAMS

**NEW!**

## "CERCEAU" HOOPDANCE

Blending the invigoration of cardio-vascular exercise with the mind-body connection of yoga, CERCEAU Hoopdance is a creative new way to burn calories (up to 450 an hour), improve balance, reduce stress, and enhance strength. Basic movements and easy to learn hoopdance skills such as waist hooping, moving around in the hoop, learning off the body skills, and more are included. No hoop experience necessary, as the instructor has a 100% success rate in over 6 years of instruction.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** 18 and up  
**INSTRUCTOR:** Keith and Jen Moore  
**FEE:** \$59/\$69 non-residents  
**DAY:** **TIME:** **DATES:** **PROGRAM #:**  
Mondays 10:15 – 11:15 AM 1/25 – 3/7/16 KM116CHM  
(no class 2/15)  
Wednesdays 6:00 – 7:00 PM 1/27 – 3/2/16 KM116CHW  
Mondays 10:15 – 11:15 AM 3/21 – 4/25/16 KM316CHM  
Wednesdays 6:00 – 7:00 PM 3/23 – 4/26/16 KM316CHW

## ADULT PICK-UP BASKETBALL – MONDAY NIGHTS (30 AND OLDER)

This program is designed for recreational pick-up basketball on Monday evenings for those avid players. This is a 3-season program (Fall, Winter and Spring). Call 742-0147 for more information. Please note there is no drop in for this program. You must be registered to participate. Program is limited to the first 30 participants.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adult (30 and older)  
**INSTRUCTOR:** Sam Marren  
**FEE:** \$30/\$35 non-residents (12-week session)  
**DAY/TIME:** Mondays, 7:45 – 9:45 PM  
**DATES:** 1/25 – 4/18/16 (Closed 2/15)  
**PROGRAM #:** V116AB

## ADULT CO-ED PICK-UP SOCCER – TUESDAY NIGHTS (18 AND OLDER)

Have fun, stay fit and meet new people. Games are for those who enjoy recreation pick-up soccer. Program is for players 18 and older. All skill levels are welcome. Instructor will form different teams each week. Program is limited to 30 participants.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adult (18 and older)  
**INSTRUCTOR:** Jeff Tay  
**FEE:** \$30/\$35 non-residents (12-week session)  
**DAY/TIME:** Tuesdays 7:45 – 9:45 PM  
**DATE:** 1/26/16 – 4/12/16  
**PROGRAM #:** V116AS

## ADULT CO-ED VOLLEYBALL – WEDNESDAY NIGHTS (25 AND OLDER)

Have fun, stay fit and meet new people. Games are for those who enjoy competitive recreational volleyball rather than power volleyball. Program is for players 25 and older. All skill levels are welcome. Instructor will form different teams each week. Program is limited to 35 participants.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adult (25 and older)  
**INSTRUCTOR:** Chris O'Connor  
**FEE:** \$30/\$35 non-residents (12-week session)  
**DAY/TIME:** Wednesdays, 7:30 – 9:30 PM  
**DATE:** 1/27 – 4/13/16  
**PROGRAM #:** V116AV

## PERSONAL DEFENSE TRAINING (starting 1/27/16) See page 26

## BEGINNERS/INTERMEDIATE YOGA

Kripalu yoga is a branch of Atha yoga that brings harmony to body, mind, and spirit. When practiced regularly this type of yoga, linking breath and movement, can take you through a transformational growth process activating heightened awareness of the world around you, and your inner world. This type of yoga is a more contemporary approach for all shapes and sizes who lead active lives. Meditation, pranayama (breathing), warm ups, and yoga postures are just a few essential elements that make up a Kripalu yoga class. Class is an hour long. Participants please wear comfortable clothes one can move in. All mats and props provided. Come get in touch with the power and potential of you!

**LOCATION:** Butler Cabin, MaryFrances Bluebird Haven  
**AGES:** 16 years and over  
**INSTRUCTOR:** Meghan Palmer  
**FEE:** \$64/\$74 non-residents (8-week session)  
Students and Seniors \$10.00 Discount  
**DAY/TIME:** Wednesdays, 7:30 – 8:30 PM  
**DATES:** 1/27 – 3/23/16 (no class 2/17)  
**PROGRAM #:** MP116Y

**NEW!**

## DISC GOLF PUTTING LEAGUE

There will be no wind, snow or rain effecting your putts for this in-door putting league. If you never played before, this is a great introduction to disc golf. If you already play, this league is designed to elevate your putting skills with progressively more difficult putting challenges. Bring two of your favorite putting discs to the gym. This will be a random draw doubles format, where we will draw for partners each week. If you don't have 2 disc golf putting discs, discs can be purchased from the instructor.

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 10 yrs. & over  
**INSTRUCTOR:** Tim Bayer and VPR Staff  
**FEE:** \$25/\$30 non-residents (5 weeks)  
\$8/\$10 non-residents (Walk-in)  
**DAYS/TIMES:** Thursdays, 6:00 – 7:30 pm  
**DATES:** 1/28 – 2/25/16  
**PROGRAM #:** TB116PL

## Check us out on Twitter!



Keep up-to-date with late-breaking Parks & Recreation news @VictorParksRec.

# ADULT PROGRAMS

**NEW!**

## ADULT DROP IN DODGEBALL

Come and enjoy the sport that everyone loved to hate growing up. Teams will be broken up and will play games for fun and a great workout. We will be using vinyl covered balls so it will be safe for all. Sign up early for this one of a kind program in Victor only.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults age 25 and older

**INSTRUCTOR:** VPR staff

**FEE:** \$35/\$40 non-residents (10 weeks)  
\$4 drop in, if space is available

<b>DAY:</b>	<b>TIME:</b>	<b>DATES:</b>	<b>PROGRAM #:</b>
Thursdays	8:00 – 9:45 PM	2/4 – 4/7/16	V116ADT
Fridays	12:00 – 1:45 PM	2/5 – 4/8/16	V116ADF

**NOTE:** Maximum number of participants is 25

## Instructional Programs

### COOKIE DECORATING CLASS

In this single session you will decorate exquisite cut out cookies. You will look like an artist when you learn these techniques, but . . . shhh . . . it's easy. An impressive gift from your kitchen and your heart. Each student will take home a dozen "samples."

**LOCATION:** Victor Parks & Recreation, 1290 Blossom Drive

**AGES:** Adults 18 and over

**INSTRUCTOR:** Peggi Heissenberger

**FEE:** \$20/\$23 non-residents  
+ \$8 materials fee payable to instructor at class

**DAY/DATES:** Friday, 12/4/15

**TIME:** 12:30 – 2:30 PM

**PROGRAM #:** PH1215CD

### DIY BATH & BODY PRODUCTS FOR THE HOLIDAYS!

Join us before the holiday rush! We're making lotions, shampoo, lip balms, and bath salts & fizzy balls to give as gifts this holiday season. Plan on creating your own custom blends using essential oils, organic coconut oil, sweet almond and jojoba oils, inside the best glass and stainless steel gift jars! Are you ready to give a gift that your friends and family will ask for again and again? These lotions and potions are so much fun to make you're not going to want to give them away!

**LOCATION:** Victor Parks & Recreation, 1290 Blossom Drive

**AGES:** 18 and up, if attending with a personal aide, 2 registrations are required

**INSTRUCTOR:** Gayle Rachford, Instructor & DIY Enthusiast

**FEE:** \$35/\$38 non-residents

**DAY/TIME:** Tuesdays, 6:00 – 8:00 PM

**DATE:** 12/15/15

**PROGRAM #:** GR1215BB

## MAXIMIZE YOUR ELIGIBILITY FOR COLLEGE FINANCIAL AID

John Summers from Summers Financial Services Victor NY will be teaching hands-on approach to understanding "the game" of financial aid. This unique seminar will teach parents how to maximize their eligibility. Don't be fooled by the myth that you can't qualify for aid because of your income. Learn specific proven strategies, and avoid costly mistakes, which eliminate or reduce aid for your child. What really determines your expected family contribution for college? Everyone attending will receive all application forms, booklets, and guides needed to apply for college financial aid.

We will also discuss the 10 best ways to Save for your child's college education, and its impact on qualifying for Financial Aid. This will cover 529 plans, Coverdell savings plans, Roth IRA's, EE & I bonds, Gifts to minors (UGMA's, UTMA's), Annuity's, Life insurance, 401K's, and Home Equity. How much college will cost and why you should be saving for it now.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults 18 and over

**INSTRUCTOR:** John Summer

**FEE:** \$10 per family

**DAY/DATE:** Tuesday, 1/12/16

**TIME:** 7:00 – 9:00 PM

**PROGRAM #:** JS116CF

**NEW!**

## HOW TO ELEVATE FINANCIAL AWARENESS AND ACHIEVE OPTIMAL FINANCIAL BALANCE

Why is financial organization so critically important? What is the number one financial threat? What is the concept of financial balance? These are important question regarding your financial future. Patrick will discuss and have answers at this presentation.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Couples ages 30-65

**INSTRUCTOR:** Patrick Caufield, Alliance Advisory Group

**FEE:** \$7 per couple/\$10 non-residents

**DAY/DATE:** Tuesday 1/19/16

**TIME:** 6:00 – 7:00 PM

**PROGRAM #:** PC116FA

## WOMEN'S HEALTH AND WELLNESS WITH ESSENTIAL OILS

Join us for a seminar workshop on improving your health and wellness this winter! We're focusing on ways in which essential oils can support women's specific health and wellness needs. We'll learn about the best ways to manage hormone health, immune system strength, and stress levels in a women's hectic life. Leave feeling empowered and enlightened with a collection of excellent resources and an action plan for returning a satisfying balance to your life. Perfect for the post-holiday season! Essential oils are used in class and customized for the wellness needs of students. Please register in advance.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** 18 and up, if attending with personal aide,  
2 registrations are required

**INSTRUCTOR:** Gayle Rachford, M.S.

**FEE:** \$15/\$18 non-residents

**DAY/DATE:** Tuesday, 1/19/16

**TIME:** 6:00-8:00 PM

**PROGRAM #:** GR116WH

# ADULT PROGRAMS

## WILL YOU OUTLIVE YOUR RETIREMENT SAVINGS?

The average person spends 17 years in retirement, but the average account can fund only 2 years. This workshop is for individuals within 10 years of retirement or recently retired. Learn how to plan income from your portfolio so that your money will last longer than you do. We will discuss and give examples of asset allocation, time horizon, and money management. The class will explain different types of investment and insurance products such as Mutual Funds, Annuities, UIT's, Life Insurance and Long Term Care. You have spent your entire working career building up your assets. Now let your assets work for you. Do you know how many years of retirement you can fund?

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults 18 and over

**INSTRUCTOR:** John Summer

**FEE:** \$10 per person

**DAY/DATE:** Tuesday, 1/19/16

**TIME:** 6:30 – 7:30 PM

**PROGRAM #:** JS116RS

## NEW! FABULOUS FURNISHINGS

In this class you will be exposed to many different styles of enhancing furniture from fun/wild to fancy or simple elegance. Turn that old furniture you have been storing in the basement into a statement piece. Learn tricks that will make you look like an accomplished artist. No previous experience necessary. All skill levels welcome. Participants are required to purchase supplies needed to complete their project.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** 18 and up

**INSTRUCTOR:** Peggi Heissenberger

**FEE:** \$70/\$80 non-residents

**DAY/TIME:** Mondays, 6:30 – 8:30 PM

**DATES:** 1/25 – 2/29/16 (no class 2/15)

**PROGRAM #:** PH116FF

## TRANSFORMING SOCIAL SECURITY INTO A SUCCESSFUL RETIREMENT STRATEGY

This workshop is for individuals 55- 70 years old. With careful planning, a strategy can be developed to improve potential lifetime benefits of Social Security by structuring the benefits to begin at optimal times based on your financial plan. This class will help clarify Social Security basics, early retirement benefits, working during retirement, delayed benefits, spousal and survivor benefits, strategies for collecting benefits, taxation of Social Security benefits, You've spent your entire working career building up your Social Security and now it's time to optimize your benefits.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults 18 and over

**INSTRUCTOR:** John Summer

**FEE:** \$10 per person

**DAY/DATE:** Tuesday, 1/26/16

**TIME:** 6:30 – 7:30 PM

**PROGRAM #:** JS116SS

**MAIL: MAIL COMPLETED REGISTRATION FORM (WITH PAYMENT) TO: 7891 LEHIGH CROSSING, VICTOR, NY 14564.**

## NEW! 7 STEPS TO FEEL YOUR BEST (ALMOST INSTANTLY)

Learn about the holistic approach to taking care of your mind and body. To empower yourself to prevent and treat diseases without unnecessary medications.

What you will learn:

- Which foods make you sick and which foods make you thrive
- Move like your ancestors: regular movement protects you from disease
- Importance of a good night's sleep and managing stress
- Pleasure: the antidote to chronic stress
- The importance of the digestive health
- Do you need supplements?
- Your Primary Foods: Relationship, Career, Spirituality

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults age 18 and over

**INSTRUCTOR:** Lucy Piper, Certified Holistic Health Coach

**FEE:** \$15/\$18 non-residents

**DAYS/TIME:** Thursdays, 6:00 – 7:30 PM

**DATES:** **PROGRAM #:**

1/28/16 LP116FB

5/5/16 LP516FB

*Lucy grew up in Russia, where the food was not only fuel but also medicine and visits to the doctor were extremely rare. While living in the US, Lucy saw that America didn't promote the natural healing approach that was so common in Europe. She decided then to make a career change and became a Certified Nutrition and Holistic Health Coach. Her passion is driven by the desire to share with others those empowering aspects of food to nourish and heal the body.*

## NEW! WATERCOLOR BASICS

Start painting or paint better. Learn to use watercolor more effectively. This class will cover materials, color mixing, basic techniques and composition. In the last week, we will produce a painting together, step by step. Material list will be emailed to upon registration.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** teen thru adult

**INSTRUCTOR:** Susan Micciché

**FEE:** \$55/\$65 non-residents

**DAY/TIME:** Mondays, 6:00 – 8:30 PM

**DATE:** 2/1 – 2/29/16 (no class 2/15/16)

**PROGRAM #** SME216WB



# ADULT PROGRAMS

## **NEW!** SPANISH 101

Learn Spanish while having a fun time. Our instructor will go over the basics you will need to become comfortable with the language. Learn the 500 most popular words in the Spanish language. You will be speaking Spanish in no time!

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Anyone ages 12 and over

**INSTRUCTOR:** Rafael Larramendi

**FEE:** \$50/\$60 non-residents

**DAY/TIME:** Monday, 6:00 – 7:00 PM

**DATES:** 2/1/16 – 3/28/16 (no class 2/15)

**PROGRAM #:** RL216SP1

*“Raf was born in Cuba but has lived most of his adult life in the United States, Europe and Mexico. His job in Rochester, NY has taken him and his family to various parts of the world, including Spain, Holland, Puerto Rico and Mexico. Raf has travelled extensively around the globe, but in particular, Latin America, Europe and Southeast Asia. He and his wife Terry reside in Victor, NY. In the early years he was involved in tutoring high school students that required assistance with Math and Spanish courses as well as coaching business people in conversational Spanish.*

## **NEW!** SUGAR: THE BITTER SWEET

What is your current relationship to sugar? Do you struggle with an on-again, off-again pattern of eating? Do you have a secret stash of candy? Do you have sugar or alcohol cravings? Why do you crave what you crave? Join me for this informative presentation and you can take your first step towards choosing a healthier path. What you will learn:

- What sugar is, and its effect on your body and brain.
- How to beat your sugar cravings?
- What can we substitute?

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults age 18 and over

**INSTRUCTOR:** Lucy Piper, Certified Nutrition & Holistic Health Coach

**FEE:** \$15/\$18 non-residents

**DAYS/DATES:** Thursday, 2/4/16

**TIME:** 6:00 – 7:30 PM

**PROGRAM #:** LP216BS

## **NEW!** COOKIE DECORATING CLASS

In this single session class you will create beautiful (AND EASY) cut out cookies. Not only will you have FUN, but you will learn a new skill AND each student will take home a dozen “samples”. Use your new skill for St Valentine’s Day!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing

**AGES:** Adults 16 and over

**INSTRUCTOR:** Peggi Heissenberger

**FEE:** \$20/\$23 non-residents

+ \$8 materials fee payable to instructor at class

**DAY/DATES:** Friday, 2/5/16

**TIME:** 1:00 – 2:30 PM

**PROGRAM #:** PH216CD

## **DIY BATH & BODY PRODUCTS FOR VALENTINES!**

Looking to make hearts flutter this valentine’s Day? We’re making lotions, lip balms, bath salts & massage oils that will seal your Valentine’s Day with a kiss! Plan on creating your own custom blends using essential oils, organic coconut oil, sweet almond and jojoba oils, inside the best glass and stainless steel gift jars! These lotions and potions are so much fun to make you’re not going to want to give them away!

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** 18 and up, if attending with personal aide,  
2 registrations are required

**INSTRUCTOR:** Gayle Rachford, Instructor & DIY Enthusiast

**FEE:** \$35/\$38 non-residents

**DAY/DATE:** Monday, 2/8/16

**TIME:** 6:00 – 8:00 PM

**PROGRAM #:** GR216DIY

## **INTRODUCTION TO WEALTH MANAGEMENT**

This one night course provides an introduction into the 5 key areas of Wealth Management. Those close to retirement, just starting out or anywhere in between are welcome.

- Investments – Explores stocks, bonds, mutual funds, ETFs, UITs and the relationship between risk and return.
- Risk Management and Insurance – Life, Disability & Long Term Care.
- Income Tax Planning – Learn to understand your tax return and the tax aspects of different investments, insurance, annuities and account types.
- Retirement Planning – Covers planning for individuals as well as business owners. Learn how to conduct a retirement needs analysis and about the various plan options like 401K, ROTH 401K, 403B, ROTH 403B, IRA, ROTH IRA, 457, SEP & SIMPLE.
- Estate Planning – Learn about wills, trusts, probate, property ownership & powers of attorney

Call Nick Lennon at (585) 423-2144 if you have questions about the seminar. Program is limited to the first 20 participants.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing

**AGES:** Adults age 18 and over

**INSTRUCTOR:** Nick Lennon, CFP®, Financial Advisor -  
RBC Wealth Management

**FEE:** \$5 (bring a spouse or friend for free)

**TIME:** 6:30 – 8:30 PM

**DAY: DATE:**

Tuesday 2/9/16

Wednesday 4/6/16

**PROGRAM #:**

NL216WM

NL416WM



**REGISTER ONLINE AT:  
[www.victoryny.org](http://www.victoryny.org)**

# ADULT PROGRAMS

Adult Programs

**NEW!**

## YOUTH MENTAL HEALTH FIRST AID

An 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

The course is designed to teach parents, family members, caregivers, teachers, community members, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

- LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** Adults, 18 and up  
**WHO:** School personnel, coaches, youth group leaders, clergy, teachers, troop leaders, bus drivers, after school program workers  
**INSTRUCTOR:** Lisa Heagney  
**FEE:** \$125/\$130 non-residents  
**DAY/DATE:** Saturday, 2/20/16  
**TIME:** 8:30 AM – 4:30 PM  
**PROGRAM #:** LH216MH  
**NOTE:** Lite lunch will be provided. Continuing Ed. Credits can be provided

## HOW TO BUY YOUR FIRST HOME

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 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!

- LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** Adults 18 and over  
**INSTRUCTOR:** Rob Opett  
**FEE:** \$7/\$10 non-residents  
**DAY/DATES:** Tuesday, 3/1/16  
**TIME:** 7:00 – 8:30 PM  
**PROGRAM #:** R0316FH

## DOWNSIZING IN TODAY'S MARKET

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.

- LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** Adults 18 and over  
**INSTRUCTOR:** Rob Opett  
**FEE:** \$7/\$10 non-residents  
**DAY/DATES:** Wednesday, 3/2/16  
**TIME:** 7:00 – 8:30 PM  
**PROGRAM #:** R0316DS

## BOATING – NEW YORK SAFE BOATING SAFETY COURSE

New York State requires all individuals born on or after 5/1/96 to successfully complete an approved course in boater education in order to operate a motorboat. This course requires a minimum of 8 hours of classroom instruction. Students must pass a final exam with a score of 76%. Students will receive a temporary boating safety certificate upon completion of the course. Students 18 years of age and older will be required to pay a \$10 fee to NYS for issuance of a permanent boating safety certificate. Permanent boating safety certificates do not expire. A minimum of 6 participants needed for the program to run. Check the Victor Parks and Recreation web site for additional class dates.

- LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** 10 years and older  
**INSTRUCTOR:** Hank Holden  
**FEE:** \$40/\$45 non-residents  
**TIMES:** 5:00 – 9:00 PM (both days) – this is a two day course  

<b>DATES:</b>	<b>DAYS:</b>	<b>PROGRAM #:</b>
March 22 & 24	Tuesday & Thursday	HH316BS
April 25 & 27	Monday & Wednesday	HH416BS
May 24 & 26	Tuesday & Thursday	HH516BS

## FINDING BALANCE IN AN UNBALANCED WORLD WITH ESSENTIAL OILS

When you take a look at your day, are you thinking, "I need to balance out my life."? Join us in a three-part workshop series to create a spring clean-up of our daily lives. We'll evaluate our current schedules and routines, create goals for bringing greater balance to our day, and outline a plan to implement our new course of action. We'll use practical organizational methods along with essential oils to help us restore order and clarity to our life's path.

- LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** 18 and up, if attending with personal aide, 2 registrations are required  
**INSTRUCTOR:** Gayle Rachford, Instructor & DIY Enthusiast  
**FEE:** \$35/\$38 non-residents  
**DAY/TIME:** Tuesdays, 6:00 – 8:00 PM  

<b>DATE:</b>	<b>PROGRAM #:</b>
Tuesday, 3/22/16	GR316FB
Tuesday, 4/19/16	GR416FB
Tuesday, 5/17/16	GR516FB



# ADULT PROGRAMS

## **NEW!** DISCOVER THE POWER OF NATURAL HEALING: ARTHRITIS, RHEUMATOID ARTHRITIS AND CHRONIC ILLNESS

Could it really be possible that after years of illness, your arthritis or any chronic condition will really improve? The control of your state of health is really in your own hands. In many instances it's entirely up to you whether you have arthritis or not.

What you will learn:

- Arthritis: what is the cause? Is it an "age-related" condition?
- The greatest relief and prevention with natural substances, digging deeper.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults age 18 and over  
**INSTRUCTOR:** Lucy Piper, Certified Nutrition & Holistic Health Coach  
**FEE:** \$15/\$18 non-residents  
**DAYS/DATES:** Thursday, 3/24/16  
**TIME:** 6:00 – 7:30 PM  
**PROGRAM #:** LP316NH

## **NEW!** SPANISH 201

The class for anyone who has a basic understanding of Spanish or have completed Spanish 101. Take your learning to the next level and develop a better grasp of the Spanish language.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults 18 and over  
**INSTRUCTOR:** Rafael Larramendi  
**FEE:** \$50/\$60 non-residents  
**DAY/TIME:** Monday, 6:00 – 7:00 PM  
**DATES:** 4/4/16 – 5/23/16  
**PROGRAM #:** RL416SP2

## **NEW!** HOW TO STAY CLEAN IN THE TOXIC WORLD WE LIVE IN

Do you know that we absorb Toxins and poisons from our environment every day? Do you realize Toxins are impacting your health? Now you can do something about it!

- Learn about environmental toxins in the food, air, water ...
- Get the facts about how toxins affect your health
- Learn how to detox by removing accumulated toxins from your body
- Discover ways to gain more energy and vitality, prevent disease and premature aging, how to look and feel better, and most likely to lose a few pounds.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults age 18 and over  
**INSTRUCTOR:** Lucy Piper, Certified Holistic Health Coach  
**FEE:** \$15/\$18 non-residents  
**DAY/DATE:** Thursday, 4/7/16  
**TIME:** 6:00 – 7:30 PM  
**PROGRAM #:** LP416SC

*Lucy grew up in Russia, where the food was not only fuel but also medicine and visits to the doctor were extremely rare. While living in the US, Lucy saw that America didn't promote the natural healing approach that was so common in Europe. She decided then to make a career change and became a Certified Nutrition and Holistic Health Coach. Her passion is driven by the desire to share with others those empowering aspects of food to nourish and heal the body.*

## **NEW!** DISABILITY INSURANCE: WHO NEEDS IT?

What are the different types of disability insurance? What are the pros and cons of each? Who is at risk? What are the risks? Disability insurance broken down for you in this short program. Many aspects of this type of "safety net" insurance will be touched upon in this informative class.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Anyone employed that has financial responsibilities and hopes for a future  
**INSTRUCTOR:** Patrick Caufield, Alliance Advisory Group  
**FEE:** \$7 per person/\$10 non-residents  
**DAY/DATE:** Wednesday, 4/20/16  
**TIME:** 6:00 – 7:00 PM  
**PROGRAM #:** PC416DI

## **NEW!** DIGITAL PHOTOGRAPHY WORKSHOP WITH PHIL HILDEN

Have fun learning to be comfortable using your Digital Camera and its Controls and Features. Improve the photos of your Kids, Family and Pets. Workshop includes local field trips to explore Landscape Composition, Exposure and Portraiture. Join the fun and push the boundaries of your photos like never before!

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults 18 and over  
**INSTRUCTOR:** Phil Hilden  
**FEE:** \$40/\$50 non residents  
**DAYS/TIMES:** Mondays, 10:00 – 11:00 AM  
**DATES:** 5/2 – 6/27/16 (no class 5/30)  
**PROGRAM #:** PH516DH

# SENIOR PROGRAMS

## **BRIDGE CLUB**

Join our new group of bridge players. Intermediate and advanced players are welcome. Come by and no need to bring anything.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults age 55 and over  
**FEE:** Free  
**DAY/TIME:** Wednesdays, 12:30 PM  
**DATES:** Ongoing

## **WII BOWLING**

Get active with the Nintendo Wii Virtual Bowling system. Enjoy bowling fun without the heavy ball and stinky shoes. Come and experience all this popular game has to offer.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults 55 and older  
**FEE:** Free  
**DAY/TIME:** Thursdays, 10:00 AM – 11:30 AM  
**DATES:** Ongoing

**FAX A COMPLETED REGISTRATION FORM (WITH PAYMENT INFORMATION) TO: (585) 742-0142**

# SENIOR PROGRAMS

## THURSDAY EUCHRE CLUB

Come join our group of card players whose game is euchre. Lots of fun with old friends and friends you have yet to make! No need to bring anything. We will even make the coffee.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults age 55 and over  
**FEE:** Free  
**DAY/TIME:** Thursdays, 12:00 PM  
**DATES:** Ongoing

## FRIDAY MORNING PINOCCHLE

Have lots of fun with great people every Friday morning. Come by for a competitive game of cards. No need to bring anything. We will even make the coffee.

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults age 55 and over  
**FEE:** Free  
**DAY/TIME:** Fridays, 9:30 AM  
**DATES:** Ongoing

## ZUMBA® GOLD

Zumba® Gold is designed for the active older adults, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is a much lower intensity. The same great Latin/International style of music and dance are used AND it is just as fun as regular Zumba® classes. Zumba® Gold classes strive to improve our balance, flexibility, and will strengthen your body, heart & mind!

**LOCATION:** Victor Parks & Recreation, 7891 Lehigh Crossing  
**AGES:** 55 years & up  
**INSTRUCTOR:** Heather Ottnod Zumba® certified instructor  
**DAYS/TIME:** Mondays & Thursdays, 9:00 – 9:45 AM  
**DATES:** Ongoing

<b>PASS:</b>	<b>FEE:</b>	<b>PROGRAM #:</b>
(1) Class Pass: \$7/\$8 non-residents		Z116-1
(5) Class Pass: \$25/\$30 non-residents		Z116-5
(10) Class Pass: \$45/\$55 non-residents		Z116-10
(20) Class Pass: \$90/\$100 non-residents		Z116-20

**NON-RESIDENT FEE:** \$10 per season (January – April)

## SHOPPING AND LUNCH AT LEO'S DELI

Join us for a trip to Leo's Deli where you can buy their famous pastries and cookies. After shopping we will stop at the deli for a quick bite to eat.

**LOCATION:** Depart from Victor Parks & Recreation, 1290 Blossom Drive  
**AGES:** 55 years and older  
**FEE:** \$6/\$8 non-residents plus your individual lunch cost  
**DAYS/DATES:** Tuesday, 12/1/15  
**TIME:** 11:00 AM – 1:30 PM  
**PROGRAM #:** SR 1215LD

**EMAIL: SCAN A COMPLETED REGISTRATION FORM (WITH PAYMENT INFORMATION) AND EMAIL THE SCAN TO: PARKSANDREC@TOWN-VICTOR-NY.US**



## LET'S DO A "MYSTERY LUNCH"

We will depart from the Recreation center for an afternoon of fun and food. You will be given clues regarding the lunch destination and you will try to figure it out before arriving.

**LOCATION:** Depart Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** \$6/\$8 non-residents plus your individual lunch cost  

<b>DAY:</b>	<b>DATES:</b>	<b>TIME:</b>	<b>PROGRAM#:</b>
Monday	12/7/15	11:30 AM – 2:00 PM	SR1215ML
Wednesday	2/3/16	11:30 AM – 2:00 PM	SR216ML
Wednesday	4/13/16	11:30 AM – 2:00 PM	SR416ML

## HOLIDAY DINNER AND LIGHTS TOUR

We will have a quick bite to eat at the Distillery Restaurant and then tour the neighborhoods throughout the area and view the beautiful holiday light displays. We recommend that participants dress warmly and comfortably. Trip is subject to cancellation due to adverse or unfavorable weather and road conditions.

**LOCATION:** Depart from Victor Parks & Recreation, 1290 Blossom Drive  
**AGES:** 55 years and older  
**FEE:** \$6/\$8 non-residents plus your individual dinner cost  
**DAYS/DATES:** Wednesday, 12/9/15  
**TIME:** 4:00 PM – 7:30 PM  
**PROGRAM #:** SR1215HL

## SENIOR LUNCHEONS

Our lunches are back. Below are the dates and themes for each month. Fee includes a full lunch, dessert, and drink! Menu and speaker line-up will be available in late December.

**LOCATION:** Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** \$5 per person  
**DAYS/TIMES:** Wednesday, 12:00 – 1:00 PM

<b>DATES:</b>	<b>THEME:</b>	<b>PROGRAM #</b>
12/16/15	Christmas	SR1215L
1/20/16	Superbowl Party	SR116L
2/17/16	Valentine's Day	SR218L
3/16/16	Spring Time	SR318L
4/20/16	Birthday Party	SR415L

# SENIOR PROGRAMS

## “OUT TO LUNCH” BUNCH

Join us as we take a break from life and enjoy lunch. We will be visiting restaurants in and around the Rochester area. You cover your lunch fee and we will worry about the transportation. Space is limited so sign up early.

<b>LOCATION:</b>	Depart Victor Recreation Center, 1891 Lehigh Crossing		
<b>AGES:</b>	55 years and older		
<b>FEE:</b>	\$6/\$8 non-residents plus your individual lunch cost		
<b>DAY:</b>	<b>DATES:</b>	<b>TIME:</b>	<b>LOCATION:</b>
Friday	12/18/15	11:30 AM - 2:00 PM	Fireside Grill, Henrietta
			<b>PROGRAM#:</b> SR1215LB
Friday	1/15/16	11:30 AM - 2:00PM	Charlie Browns
Friday	2/26/16	11:30 AM - 2:00PM	Monte Alban Mexican Grill
			<b>PROGRAM#:</b> SR116LB
Thursday	3/24/16	11:00 AM - 2:30PM	Alex's Place, Batavia
			<b>PROGRAM#:</b> SR316LB
Friday	4/8/16	9:00 AM - 1:00 PM	Cartwright's Maple Tree Inn
			<b>PROGRAM#:</b> SR416LB

## “BRUNCH AT THE COAL TOWER RESTAURANT”

Join your friends for at late breakfast or early lunch at the Coal Tower Restaurant located at Schoen Place in Pittsford NY. After brunch, we will stop at the Pittsford Dairy to shop for baked goods and other treats.

<b>LOCATION:</b>	Depart Victor Recreation Center, 1891 Lehigh Crossing		
<b>AGES:</b>	55 years and older		
<b>FEE:</b>	\$6/\$8 non-residents plus your individual lunch cost.		
<b>DAYS/DATES:</b>	Thursday, 1/7/16		
<b>TIME:</b>	10:30 AM - 1:30 PM		
<b>PROGRAM #:</b>	SR116CT		

**NEW!**

## MAKING TRACKS - CROSS-COUNTRY SKIING

Get outside and get a great aerobic workout in this winter! We will meet at various parks in Victor to enjoy the trails and get your heart pumping. You definitely won't be cold, no matter what the temperature is outside. It's a fun way to get in shape and enjoy the outdoors during the winter months. Bring your own equipment.

<b>LOCATION:</b>	Town of Victor Parks. Location is determined by snow conditions; Participants will be emailed location at least a week in advance.		
<b>AGES:</b>	18 yrs. & over		
<b>INSTRUCTOR:</b>	Nicole Fulle		
<b>FEE:</b>	\$45/\$50 non-residents		
<b>DAYS/TIMES:</b>	Tuesdays, 10:00 - 11:30 AM		
<b>DATES:</b>	1/12/16 - 2/16/16		
<b>PROGRAM#:</b>	NF116MTCC		

**NEW!**

## MAKING TRACKS - SNOWSHOEING

Get outside and get a great aerobic workout in this winter! We will meet at various parks in Victor to enjoy the trails and get your heart pumping. You definitely won't be cold, no matter what the temperature is outside. It's a fun way to get in shape and enjoy the outdoors during the winter months. Bring your own equipment.

<b>LOCATION:</b>	Town of Victor Parks. Location is determined by snow conditions; Participants will be emailed location at least a week in advance.		
<b>AGES:</b>	18 yrs. & over		
<b>INSTRUCTOR:</b>	Nicole Fulle		
<b>FEE:</b>	\$45/\$50 non-residents		
<b>DAYS/TIMES:</b>	Thursdays, 10:00 - 11:30 AM		
<b>DATES:</b>	1/14/16 - 2/18/16		
<b>PROGRAM#:</b>	NF116MT2		

**NEW!**

## PLATFORM (PADDLE) TENNIS 101

(starting 1/20/16) See page 29

## TUESDAY LUNCH AND TRAVELOGUE SERIES

We will stop for lunch and then travel to exotic place around the world. The Fairport Public Library host monthly Travelogues for the public to enjoy.

<b>LOCATION:</b>	Depart Victor Recreation Center, 1891 Lehigh Crossing		
<b>AGES:</b>	55 years and older		
<b>FEE:</b>	\$6/\$8 non-residents plus your individual lunch cost		
<b>DAYS/TIME:</b>	Tuesdays, 11:00 AM - 2:30 PM		
<b>DATE:</b>	<b>LUNCH AT:</b>	<b>TRAVELOGUE:</b>	<b>PROGRAM:</b>
1/26/16	Fairport Village Inn	Erie Byways	SR116TT
			Love lighthouses, wineries, covered bridges, and life in the slow lane?
			View the sights as we travel Route 5 along the southern shores of Lake Erie including Persque Isle State Park and Astabula, Ohio.

<b>DATE:</b>	<b>LUNCH AT:</b>	<b>TRAVELOGUE:</b>	<b>PROGRAM:</b>
3/22/16	Donnelly's Public House	Ireland	SR316TT
			Deirdre McKiernan Hetzler will share her pictures of many "off the beaten track" locations in Ireland. You will visit the Republic of Ireland and also the North of Ireland.

## “EARLY BIRD” DINNER CLUB

Join us as we visit local restaurants for their early bird dinners throughout the area. Dinner prices are usually higher than our normal lunch outings.

<b>LOCATION:</b>	Depart Victor Recreation Center, 1891 Lehigh Crossing		
<b>AGES:</b>	55 years and older		
<b>FEE:</b>	\$6/\$8 non-residents plus your individual meal cost		
<b>DAY/TIME:</b>	Tuesdays, 4:30 - 7:00 PM		
<b>DATES:</b>	<b>LOCATION:</b>	<b>PROGRAM #:</b>	
1/26/16	Grinnell's, Rochester	SR116EB	
3/29/16	Crab Shack, East Henrietta Rd	SR316EB	

# SENIOR PROGRAMS

## PICKLEBALL

This is a drop-in event and people take turns playing. Players must register in advance. Paddles and balls are available at the recreation office to borrow, or you can bring your own.

**LOCATION:** Depart Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** \$30/\$35 non-residents  
**DAY/TIME:** Mondays, 10:00 AM – 12:00 PM  
**SESSION:** **DATES:** **PROGRAM #:**  
 Session I 2/1/16 – 3/7/16 SR216PB  
 Session II 3/14/16 – 4/18/16 SR316PB

## COFFEE AND LECTURE SERIES

Join us as we team up with Home Instead Senior Care to discuss important health and wellness issues. Coffee and donuts will be provided.

**LOCATION:** Depart Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** FREE, but pre-registration is required.  
**DAY/TIME:** Tuesdays, 10:30 – 11:30 AM  
**DATE:** **TOPIC:** **PROGRAM #:**  
 2/9/16 Home Safety SR216CL  
 3/8/16 Caregiver Stress SR316CL

## TOUR OF CASA LARGA WINERY

Come and tour the Casa Larga Winery in Fairport, NY. After the tour, individuals will have an opportunity to sample wines at an additional cost. We will then stop at the Fairport Village Inn on the way back for lunch.

**LOCATION:** Depart Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** \$6/\$8 non-residents plus \$3 winery tour & your individual lunch cost.  
**DAYS/DATES:** Tuesday, 2/23/16  
**TIME:** 10:30 AM - 2:30 PM  
**PROGRAM #:** SR216CL

## EASTMAN SCHOOL OF MUSIC – FACULTY ARTIST SERIES

Eastman's Faculty Artist series is an opportunity for the world renowned and internationally acclaimed faculty artists to demonstrate why they are so sought after to teach at the Eastman. All concerts are held at the Eastman Theatre.

**LOCATION:** Depart Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** \$6/\$8 non-residents plus a \$10 admission fee payable at the door  
**DAY/DATE:** Sunday, 2/28/16  
**TIME:** 2:00 PM – 6:00 PM  
**PERFORMANCE:** Nicholas Goluses, guitar  
**PROGRAM #:** SR216FA

## PROOF BY DAVID AUBURN AT THE BLACKFRIARS THEATRE

On the eve of her twenty-fifth birthday, Catherine a troubled young woman, has spent the years caring for her brilliant but unstable father, a famous mathematician. Now, following his death, she must deal with her own volatile emotions; the arrival of her estranged sister, Claire; and the attentions of Hal, a former student of her father's. Over the long weekend that follows, a burgeoning romance and the discovery of a mysterious notebook draw Catherine into the most difficult problem of all: How much of her father's madness- or genius- will she inherit?

**LOCATION:** Depart Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** \$43/\$45 non-residents  
**DAYS/DATES:** Sunday, 3/13/16  
**TIME:** 1:00 PM – 5:30 PM  
**PROGRAM #:** SR316BF

## SPRING SHOPPING AT THE WATERLOO PREMIUM OUTLETS

Update your spring wardrobe and come shopping with us at the Waterloo Premium Outlets. Find impressive savings on popular brand names at over 100 stores located in the mall.

**LOCATION:** Depart Victor Recreation Center, 1891 Lehigh Crossing  
**AGES:** 55 years and older  
**FEE:** \$6/\$8 non-residents plus your individual lunch cost. Lunch will be on your own at the mall.  
**DAYS/DATE:** Wednesday, 4/6/16  
**TIME:** 10:30 AM – 3:00 PM  
**PROGRAM #:** SR416SS

## YARD GAMES

Learn skills and play games like can jam, ladder ball, bocce, horseshoes, croquette and volleyball. Bring a small snack. Space is limited so sign up fast!

**LOCATION:** Victor Municipal Park, 6680 Papparone Dr., off Brace Rd  
**AGES:** 55 and up  
**INSTRUCTOR:** Steve and Mike  
**FEE:** \$2/\$5 non-residents  
**DAYS/TIMES:** Fridays, 1:00 PM – 2:00 PM  
**DATES:** 4/22 – 5/6/16  
**PROGRAM #:** SR416YG

## DIGITAL PHOTOGRAPHY WORKSHOP WITH PHIL HILDEN

Have fun learning to be comfortable using your Digital Camera and its Controls and Features. Improve the photos of your Kids, Family and Pets. Workshop includes local field trips to explore Landscape Composition, Exposure and Portraiture. Join the fun and push the boundaries of your photos like never before!

**LOCATION:** Victor Parks and Recreation, 7891 Lehigh Crossing  
**AGES:** Adults 18 and over  
**INSTRUCTOR:** Phil Hilden  
**FEE:** \$40/\$50 non residents  
**DAYS/TIMES:** Mondays, 10:00 – 11:00 AM  
**DATES:** 5/2 – 6/27/16 (no class 5/30)  
**PROGRAM #:** PH516DH

# PARKS INFORMATION



## **Boughton Park • Stirnie Road & Boughton Road**

Located in the Town of East Bloomfield, Boughton Park is owned by Victor, East Bloomfield, and West Bloomfield. Run by an independent Board of Directors with representation from all three towns, the park covers 330 acres with 56 acres of ponds. Permits for the park can be obtained at Victor Town Clerks office, 85 East Main Street. Please bring proof of residency (NYS ID and car registration). The permits are free to Victor Residents.

## **Dryer Road Park • 7405 Dryer Road**

This 132-acre park is the site of athletic fields and a box sports rink. There is a multiage playground for children, year-round restrooms facilities, and a picnic shelter, which is available for casual use or reservation. There are 15 miles of multi-use trails for a variety of skill levels and abilities. Please sign in at the trailhead kiosk and pick up a trail map prior to setting out to explore the trails. The park links Victor's Native American past with our future with pathways to Ganondagan State Historic Site. Trail maps can also be downloaded at [www.mygroc.com](http://www.mygroc.com) and [www.VictorNY.org](http://www.VictorNY.org).

## **NEW! PICNIC PLAY PACKS AVAILABLE**

Let the **Department of Parks and Recreation** help you organize the field games for your next family gathering or party in the park! Our convenient **Picnic Play Packs** include a **variety of balls and sporting goods equipment, a bocce set and a set of horseshoes**. These are available for rental at the Parks and Recreation Department main office for \$15.00 Call (585) 742-0140 for availability.



## **Auburn Trail**

The Town received Transportation Enhancement Program (TEP) grants totaling \$2.3 million dollars for the design and construction of this multi-use trail. Construction will continue through 2014. In 2014 we will design and install interpretive and way-finding signage, plazas and benches along the newly established trail. The recently completed bridge over Irondequoit Creek now provides trail connectivity from Fishers Road to Railroad Mills Road.

## **Fishers Park • 7929 Main Street, Fishers**

Located in the hamlet of Fishers, this 93 acre park is a diversity of passive and active recreation opportunities. Visitors can see a multitude of wildlife from deer, squirrels, and other woodland creatures to waterfowl and trout that spawn in the spring. Two tennis courts are available for the tennis players in your family. The extensive trail system is a great place to hike. Trails meander through the park across wooded ridges, through wetland areas, and along the banks of Irondequoit Creek. New acreage off Old Dutch Road provides you with many new trails with beautiful vistas. The extensive trail system is a great place to hike, snowshoe or cross-country ski.



# PARKS INFORMATION

## Lehigh Crossing Park • 7350 State Route 251

Lehigh Crossing Park is located off of Victor-Mendon Road (State Route 251) near Cork Road and Route 96. This 54 acre park plays host to several miles of multi-use trails, vehicle parking area and gazebo. With woods, wetlands and ponds located within this passive park, numerous birds, waterfowl and critters find this park an exceptional place to call home. Bring binoculars!



## Lehigh Valley Trail

This newly improved trail has a stonedust surface, which is suitable for hiking, running, biking, snowshoeing and cross country skiing. The Town's portion of the former Lehigh Valley Railroad corridor is approximately two miles in length and travels from the Auburn Trail Connection at Phillips Road to the Victor-Mendon town line. There are convenient parking areas located at road crossings. The Town and Victor Hiking Trails completed construction of a pedestrian and a bicycle bridge on the former Lehigh Valley Railroad trestle at Phillips Road in November 2007 enables trail users to enter the rear of Lehigh Crossing Park and enjoy its many recreational opportunities.



## MaryFrances Bluebird Haven • 235 County Route 9

Located on Victor-Egypt Road (County Road 9), across from the Valentown Road intersection, this living classroom has an emphasis on preservation and restoration of New York State's official bird, the Bluebird. A one mile trail looped trail traverses the property through open fields and woods. This trail enables park visitors to see bluebirds in their natural habitat. The renovated Butler Cottage is available for family gatherings, parties or business meetings. Included is a newly constructed handicapped accessible fishing dock. For reservations, please contact the Department of Parks and Recreation at (585) 742-0140.



## Victor Municipal Park

6680 Papparone Drive, off of Brace Road

Victor's newest park features a multi-age playground, enclosed lodge, picnic shelter, outdoor fitness stations, sand volleyball court, bocce ball court, horseshoe pits, stocked fishing pond and trails. The park bandshell and amphitheater host many special events including our summer concert series. For lodge and shelter rentals please contact the Department of Parks and Recreation at (585) 742-0140.



# REGISTRATION PROCEDURE

## How to Register

**Resident Registration Begins: Monday, November 30, 2015**

**Non-resident Registration Begins: Monday, December 7, 2015**

Programs beginning in November & December 2015 are open to everyone for registration now.

### FOR REGISTRATION FORM SEE PAGE 37

Bring completed forms in person with cash, check, Visa, MasterCard, Discover Card or American Express Card during regular business hours. Monday thru' Thursday 8:30 AM – 7:30 PM & Friday until 4:30 PM at 7891 Lehigh Crossing, Victor NY 14564

Fax a completed registration form (with payment information) to:  
(585) 742-0142

Scan a completed registration form (with payment information) and email the scan to: parksandrec@town-victor-ny.us

**REGISTER EARLY!** If a class does not meet its minimum requirements 1 week prior to start date, we will cancel the class  
**REGISTER ON-LINE AT:** [www.victorny.org](http://www.victorny.org), click on the Parks & Rec tab and then choose Register Online. On-line registration closes out 1 week prior to start date of the program.

### IMPORTANT REGISTRATION TIPS:

- Registrations forms may be photocopied.
- Be sure to fill out all information on your form.
- Assume you are enrolled unless you are notified by phone.
- Please sign the waiver on registration form.
- We recommend consulting with your physician prior to signing up for a program requiring physical exertion.



Ontario ARC is proud to partner with the

*Town of Victor Parks and  
Recreation Department*

to provide unique and inclusive recreational opportunities for people with intellectual and developmental disabilities in our community!

- Autism Services
- Day Services
- Employment Services
- Pet Connections
- Recreation Programs
- Residential Options
- Service Coordination
- Transition Services



3071 County Complex Drive • (585) 394-7500  
Canandaigua, NY • 14424 • [www.ontarioarc.org](http://www.ontarioarc.org)

### PARTICIPANT CODE OF CONDUCT:

- We will always strive to provide a place where fun things happen.
- Should our friends not be able to have fun with others, we will discuss other leisure opportunities.

### PROGRAM

**FEES:** Cash, Checks, Money Orders, Visa, MasterCard and Discover or American Express Cards are accepted. There is a 2.45% fee or \$3.00 minimum charge for credit cards.

### RETURN POLICY:

There will be a \$20.00 fee for any returned check.

### CANCELLATIONS AND REFUND POLICY:

- If a class is cancelled by our department a refund of the program cost will be provided
- You need to withdraw from a program at least 5 business days prior to the start of the program. A refund will be issued for the amount minus a \$5 processing fee.
- **No** refunds will be issued once a program has started.

### TRANSFER POLICY

Requests to transfer from one program to another must be made prior to class start date.

### INCLEMENT WEATHER & PROGRAM STATUS INFORMATION

We strive to operate our programs regardless of weather – cancelling is our last resort. However:

- While most activities will be held despite the weather, schedules may change.
- Should lightning be a potential threat, outdoor activities may be moved indoors or cancelled, the Department of Parks and Recreation activities operated at Victor Central School District facilities will be cancelled if school facilities are closed.
- **When in doubt about program status, call the Department of Parks and Recreation at (585) 742-0140.** Program supervisors, directors or instructors will provide information about possible make-up dates for cancelled sessions.



# WINTER 2016 REGISTRATION FORM

PLEASE PRINT CLEARLY

Parks & Rec Info

Participant Name	Grade 2014-2015	Birth Date	Sex	Program #	Program Name	Program Dates/ Times	Amount

If registering for Summer Day Camp, please fill out the Medical Information & Release Form on page 38 (turn page)  
Summer Day Camp Registration will not be finalized without it.

### HOUSEHOLD INFORMATION

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail(s): \_\_\_\_\_

Emergency Contact (relationship): \_\_\_\_\_ Emergency #: \_\_\_\_\_

Special Medical Needs?  Yes  No If yes, please describe: \_\_\_\_\_

Additional Program Information: \_\_\_\_\_

The Town of Victor Parks & Recreation takes pictures in classes for use in future publications and on the internet. Please contact us if you do not wish to have your child's photo included in these materials.

### WAIVER FOR PARTICIPATION

I HEREBY UNCONDITIONALLY RELEASE THE Town of Victor Parks and Recreation Department from any and all responsibility or liability for any injuries which may be sustained by me or my minor child(ren) in relation to participation in any of the Victor Parks and Recreation programs or activities with the Parks and Recreation Department. I acknowledge that neither I nor my child(ren) suffer from any physical impairments and have no limitations upon engaging in activities with the Parks and Recreation Department. I unconditionally release the Town of Victor and its agents or employees from any and all liability for injuries and understand and acknowledge that the Town of Victor Parks and Recreation Department carries no liability or accident insurance. In the event that my child(ren) is injured, I authorize the party or person in charge of my child(ren)'s activities to seek medical care. I acknowledge and understand that I will be solely responsible to pay the cost of such care. And I further release and hold harmless the Town of Victor and its Parks and Recreation Department for any medical arrangements or care provided me or my minor child(ren).

**SIGNATURE REQUIRED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_  
SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN

**PROGRAM FEES:** payable to "Town of Victor" Please note additional fee for credit card use below.

Method of Payment: Cash:  Check # \_\_\_\_\_ Visa:  Mastercard:  Discover:  AMEX:  Total Amount: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Card Holder Name: \_\_\_\_\_ Signature: \_\_\_\_\_

By signing above I agree to pay the Town of Victor for the amount above and understand that a Third Party convenience fee will apply to my transaction in order for the Town to accept payment via credit card. I agree that such convenience fee shall be billed to my credit card by Nationwide Payment Solutions (NPS) as a separate transaction and equal to 2.45% (\$3.00 minimum) of the total amount being paid.

Registration forms can be **faxed to** (585) 742-0142, **emailed to** parksandrec@town-victor-ny.us, **mailed to** the Town of Victor Department of Parks and Recreation, 85 East Main Street, Victor, NY 14564 or you can register on-line at [www.victoryny.org](http://www.victoryny.org).  
**Please call (585) 742-0140 for more information or visit us at: [www.victoryny.org](http://www.victoryny.org) then choose the Parks & Rec tab.**

# PARKS & RECREATION

## MISSION STATEMENT

The Town of Victor Parks and Recreation Department is dedicated to offering residents a balanced system of parklands, preservation of open space, and broad-based leisure opportunities that will foster growth of healthy lifestyles.

## SERVING YOUR LEISURE NEEDS

### Brian Emelson, C.P.R.E.

Director of Parks and Recreation  
(Certified Parks and Recreational Executive)  
bemelson@town-victor-ny.us

### Michael Stockman, C.P.R.P.

Assistant Director of Parks and Recreation  
(Certified Parks & Recreation Professional)  
mastockman@town-victor-ny.us

### Jeff Rader

Parks Maintenance Assistant  
jrader@town-victor-ny.us

### Tabatha Chastang, C.P.S.I.

Motor Equipment Operator, Light  
(Certified Playground Safety Inspector)  
tchastang@town-victor-ny.us

### Tim Hadden

Motor Equipment Operator  
thadden@town-victor-ny.us

### Steve Hendrickson, C.P.R.P.

Recreation Supervisor  
srhendrickson@town-victor-ny.us

### Christine Winter, B.S., M.P.A.

Recreation Supervisor  
cwinter@town-victor-ny.us

### Felicia Skibinski, B.S., M.S.

Account Clerk/Typist  
fskibinski@town-victor-ny.us

### Sharon Kaisen, B.S., M.S.

Typist  
skaisen@town-victor-ny.us

## PARKS & RECREATION CITIZENS' ADVISORY COMMITTEE

Larry Fisher, *Chairperson*  
Terryn Maybeck  
Christine Palmiere  
Bonnie Rhodes  
Gregory Richards, *Vice Chairperson*

Cyndy Rochford  
Gary Hadden, *Village Board Liaison*  
David Tantillo, *Town Board Liaison*  
Anna Christman, *Student Representative*

## AMERICANS WITH DISABILITIES ACT COMPLIANCE

The Town of Victor Parks & Recreation Department offers programs for all residents regardless of differing abilities. If you have a question or a concern about program accommodations, call us at 742-0140.

**Youth Programs** funded in part by a reimbursement from the New York State Office of Children and Families served through the Ontario County Bureau.

## COMMUNITY SPORTS ORGANIZATIONS

Victor Parks and Recreation does not operate the following programs. However, we know parents are interested in the following names and numbers.

### Victor Community Baseball & Softball

President, Victor Little League: Erik Morrell  
www.victorbaseball.com or www.victorsoftball.com

### Victor Soccer Club

President: Scott Frutchey, Dir. Of Rec. Programs: Mark Pagano  
www.victorsoccerclub.org

### Victor Junior Blue Devils (Football & Cheerleading)

President: David Gleason  
www.VictorJrBlueDevils.com

### Victor Swim Club

VSC Program Director/Head Coach: Michael Murray  
www.VictorSwimClub.org

### Victor Blue Devils Youth Lacrosse

Youth Director: Andy Cooney  
acooney@rochester.rr.com 585-507-5828

### Victor Girls Youth Lacrosse

Steve Hersh/Mark Bruno  
www.leaguelineup.com/vgylax

### Hockey

Tim Maher 924-5366

## NEW RESERVATION POLICY

All reservations made on a Town of Victor holiday are FULL DAY ONLY. For reservations at the "The Lodge" or at "Butler Cottage" from Memorial Day weekend through Labor Day, Saturday and Sunday reservations are FULL DAY ONLY.

## FACILITY RENTALS

Are you looking for a place to hold a party or business meeting? All reservations must be made in person at the Parks and Recreation Office at 1290 Blossom Drive. Please contact us with any questions 742-0140.

LOCATION	CAPACITY	FEE: RESIDENT	FEE: NON-RESIDENT
"Butler Cottage" at MaryFrances Bluebird Haven	45	\$60 Half Day / \$120 Full Day	\$70 Half Day / \$140 Full Day
"The Lodge" at Victor Municipal Park	100	\$90 Half Day / \$170 Full Day	\$115 Half Day / \$220 Full Day
Victor Municipal Park Rotary Pavilion	50	\$40 Full Day Only	\$50 Full Day Only
Dryer Road Park Pavilion	50	\$40 Full Day Only	\$50 Full Day Only

PARKS & RECREATION OFFICE	CAPACITY	FEE: VICTOR RESIDENT	FEE: NON-RESIDENT
Gymnasium (FULL)	400	\$55 per hour	\$65 per hour
Gymnasium (HALF)	200	\$30 per hour	\$40 per hour
Multipurpose Room (FULL)	60	\$35 per hour	\$45 per hour
Multipurpose Room (HALF)	30	\$20 per hour	\$30 per hour

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