

**CP Rochester
Community Recreation Program**

Mail Registrations to:
CP Rochester
3399 Winton Road South
Rochester, NY 14623

Phone: 585-334-6000
Fax: 585-334-1646
Web: www.cprochester.org

Our program is community-based and participant-driven. If you have any suggestions for future recreation events, please contact us or jot them down below!

Program / Event suggestions



Summer Guide 2010

July, August, September

Community Recreation Program

Summer highlights

- ◆ **Outdoor Programs:** Kayaking & Canoeing, Outrigger Canoeing, Golf
- ◆ **Socials:** “Christmas in July” Dance, Wii Nights
- ◆ **Fitness/Sports:** Introduction to Archery, Bowling
- ◆ **Special Events:** Red Wings Picnic, Monroe County Fair

5th Annual Elks Music Fest!

Sunday, July 25

Noon-6pm

Music by live bands playing
Rock & Roll, the Blues, & more

Great food ❖ Raffle ❖ Silent Auction

Proceeds from the Music Fest benefit
CP Rochester programs

www.cprochester.org

Family & Group Outings

Social Outing

Using Your Augmentative Communication Device

If you or your child uses an augmentative communication device (Dynavox or similar) then you know that it takes some planning to program your device when you are going on an outing so that you are able to make and voice your own choices independently. This is an opportunity to get together with other friends and family members to meet up and decide on a place to go, program your device—then go out and do it!

This program's activity will be decided by the people that attend so CP Rochester staff is functioning as facilitator—the location chosen has a variety of options for you. If there are enough people interested, we can group up according to interests or age. Ideas could include going to get ice cream, going to dinner, going for a walk and sharing what you see, and more!

There is no cost listed for this program, however you may want to bring some money in case you do stop to get something to eat. Since these are outdoor-oriented activities, the program is weather-dependent. Rain dates are listed below.

Program # 31 **Ages:** All ages
Date: Friday, July 30 **Time:** 5:30pm meetup
Location: Copper Beech Park, 14 State Street, Pittsford
Deadline: July 26 **Rain Date:** Friday, August 6

Program # 32 **Ages:** All ages
Date: Thursday, August 12 **Time:** 5:30pm meetup
Location: Charlotte Beach area
Deadline: August 9 **Rain Date:** Friday, August 13

Program Fees / Payments & Cancellations

Although we try our best to offer low or no-cost recreation programs, in order to cover our expenses, it is often necessary to have a fee for activities. The cost for each program is listed in the program description.

Payments or cancellations must be made by the program's registration deadline. If we have not received payment one week prior to the event's date or start of the session and you have not contacted us, we will assume that you are not going to participate in this program anymore. Past due payments will affect registration for future recreation programs. In the event that a program is cancelled, we will issue a voucher that can be used toward future recreation programs; **we do not issue refunds.**

Aquatics

Family Swim

This is a recreational swim program for children with developmental disabilities and their family members. During family swim you can practice some of the skills you've learned, have fun & relax in the warm water, or burn off some energy! Come in and enjoy the warmth of the pool.

Program # 1:
Dates: Saturdays, July 17,31, August 14,28 (4 dates)
Time: 9:30-10:30am **Cost:** \$30 per family/max 4 people

Program # 2
Dates: Saturdays, September 11,18,25 October 2,9,16 (6 dates)
Make-up Date: October 23
Time: 9:30-10:30am **Cost:** \$45 per family/max 4 people

For both programs:

Ages: All ages
Location: Al Sigl Pool, 1000 Elmwood Ave, Door 1
Registration Deadline: 1 week prior to start

Aquatics

Individual Swim Lessons

Instruction is provided by our Adapted Physical Education teacher and swimming instructors and is designed for children who have special needs. Students will receive 30 minutes of instruction and will work toward developing independent swimming skills and increased safety awareness in the water. *Space is limited!! Please indicate your preferred time on your registration form*

MONDAYS

Program # 3

Dates: July 12,19,26, August 2, 9,16 *No scheduled make-up date*

Lesson Times: 4:30pm or 5:00pm

Program # 4

Dates: September 6,13,20,27, October 4,18 **Make-up Date:** Oct 25
(no class October 11)

Lesson Times: 4:00pm or 4:30pm

TUESDAYS

Program # 5

Dates: July 13,20,27, August 3, 10,17 *No scheduled make-up date*

Lesson Times: 4:30, 5:00, 5:30, or 6:00pm

Program # 6

Dates: September 14,21,28, Oct 5,12,19 **Make-up Date:** Oct 26

Lesson Times: 4:30, 5:00, 5:30, or 6:00pm

THURSDAYS

Program # 7

Dates: July 15,22,29, August 5,12,19 *No scheduled make-up date*

Lesson Times: 4:30pm or 5:00pm

For each session:

Cost: \$65 per person

Location: Al Sigl Pool, 1000 Elmwood Avenue, Door 1

Family & Group Outings

Whitewater Rafting the Salmon River

Pulaski, NY

If you were interested in the rafting trip that was offered in May but were put-off by the weather (snow on Mother's Day!) or were not sure if it was for you, here's another shot at getting out on a beautiful scenic river in NY! One of the nice features about rafting on the Salmon River is that the rapids and water level are guaranteed, as there are scheduled releases from the upstream dam—so you will not be disappointed!

While rafting on the Salmon River you will paddle through some exciting wave trains, have a chance to jump in the water and “body surf” some waves at the end (if you so choose). So if you're up for a day's outing in Upstate NY to enjoy nature and some excitement, this is a great opportunity for the family. Lifejackets and helmets are provided and required for this (approx) 3-hour trip. Each raft seats 6 people plus the guide and safety boaters kayak alongside the group for the duration of the trip.

If you are familiar with rafting, this river has Class II-III rapids, which means that it's a fun & exciting trip but you are extremely unlikely to fall out of the boat along the way! You will get splashed, though :) The nature of this river is such that it starts off with calm ripples and gradually leads into more fun rapids as we paddle!

Program # 30

Ages: all ages; min weight = 45 lbs

Date: Saturday, July 24 **Time:** 11:00am

Location: Salmon River, Pulaski

[Estimated time to get to Pulaski is 1hr 45mins from Rochester]

Cost: \$40 per person **Deadline:** July 16

Want to ask more questions to see if this program is for you & your family? Feel free to give me a call! 334-6000 x1267

Programs for Individuals

Introduction to American Sign Language

This program is for individuals or families of consumers who wish to try a new communication technique, want to learn a new language for fun, or build upon some basic signs that you already know. The class will be taught by Recreation Specialist Leonard Ward who has studied ASL and uses it to facilitate communication with his students and participants.

Program # 28 **Ages:** All ages
Dates: Mondays July 19, 26, August 2,16,23 (No Class August 9th)
Time: 6:45pm-7:45pm
Location: CP Rochester Community Room
3399 Winton Rd S, Rochester 14623

Cost: \$50 per person **Deadline:** July 14
If you are a parent interested in this program, please note that we have a program for youth ages 13+ running concurrently called "Joy Jam" (see pg 10) !

Family & Group Outings

5th Annual Elks Music Fest

Join the Elks & CP Rochester to celebrate summer at the Music Fest! Enjoy a variety of tunes from bands *The John Bolger Blues Band, Sans Ego, Good Enough, and Blue Sky*. Stop by the dunk tank, bake sale, try your luck with the raffle, Silent Auction, and of course there will be plenty of good food! Proceeds from the Music Fest benefit CP Rochester programs.

Program # 29 **Ages:** All ages
Date: Sunday, July 25 **Time:** Noon-6pm
Location: Henrietta Elks Lodge, 3525 East Henrietta Rd, 14467
Cost: \$6 advance tickets; \$8 at the door
Deadline for advance tickets through Rec: July 19

Aquatics

Individual Swim Lessons (continued)

FRIDAYS

Program # 8
Dates: July 16,23,30, August 6,13,20 *No scheduled make-up date*
Lesson Times: 4:00, 4:30, 5:00, or 5:30pm

Program # 9
Dates: September 17,24, October 1,8,15,22 **Make-up Date:** Oct 29
Lesson Times: 4:00, 4:30, 5:00, or 5:30pm

For each session:
Cost: \$65 per person
Location: CP Rochester Pool, 3399 Winton Road

Our swim lessons take place in a heated therapy pool, with the temperature averaging 92 degrees. It's a great place for young and new swimmers to learn how to swim! Maximum depth is 4.5 feet.

Programs for Individuals

Summer Bowling League

Whether you enjoy bowling for fun or for competition, join us out at Fairview Lanes for our bowling league! We meet 9 times and finish off the league with a pizza party & award ceremony to celebrate. You will be grouped into teams and scores will be kept each week. Bumpers & bowling ramps available!

Program # 10 **Ages:** 8 yrs and up
Dates: Wednesdays, July 14,21,28, August 4,11,18,25, September 1,8
Time: 6:30-8:30pm **Cost:** \$72
Location: AMF Fairview Lanes, 1407 Fairport Rd, 14450
Deadline: July 12 **Group Size:** Limit 25 people

Programs for Individuals—The Outdoors

Kayaking & Canoeing Lessons

If you love to be out on the open water, you will enjoy this experience learning how to canoe & kayak! Over six weeks, the certified instructors at Bay Creek Paddling Center will teach you the necessary skills to maneuver a kayak and a canoe on your own. The instruction is geared to starting off in the more stable canoe, then transition to kayaks as you gain confidence and comfort out on the water! Two classes will be designated for paddling outings where we can explore the wetlands of Ellison Park and use the skills we have been taught to paddle our kayaks or canoes around!

Program # 11 **Ages:** 16 yrs and up
Dates: Mondays July 19,26, August 2,9,16,23
Time: 4:00pm-5:30pm **Cost:** \$60 per person
Location: Bay Creek Paddling Center, 1099 Empire Blvd, 14609
Deadline: July 12 **Group Size:** Min 3 / Max 10 people

Schedule:

Day 1: War Canoe Instruction	Day 4: Kayak Instruction Part I
Day 2: Tandem Canoe Instruction	Day 5: Kayak Instruction Part II
Day 3: Canoe outing	Day 6: Kayak OR Canoe outing (participant's choice)

Horseback Trail Ride at Meadows of Mendon

Whether you are an experienced rider or your first time on a horse, this is an opportunity to visit a stable and go for a trail ride supported by trained volunteers who will walk alongside the rider and lead the horse. The group will head out of the arena and explore the trails around the Meadows of Mendon's pastures to experience a different side of riding. Basic instruction will be provided, along with helmets for the riders' safety.

Program # 12 **Ages:** Ages 5 and up
Date: Tuesday, July 13 **Time:** 6:00pm-7:00pm
Location: Meadows of Mendon Stables, Honeoye Falls, 14472
Cost: \$20 per person **Deadline:** July 11

Programs for Individuals—Social Outings

Dinner and a Movie

Want to get out of the house and meet some people your age? How about a movie and popcorn afterwards? This program is for you. Join us for dinner at Pizza Hut and a movie at the Brockport Strand. The fee includes dinner, movie and popcorn.

You will have the choice of 3 menu options at Pizza Hut that are all priced the same, and we will decide on the movie while we're eating! It's a short walk through the village to the movie theatre, and we'll head there as a group after dinner.

Program # 24 **Ages:** 16 yrs and up
Date: Thursday, August 26th **Time:** 5:30pm-9:00pm
Location: Meet at the Brockport Pizza Hut, 64 North Main Street,
 Brockport 14420
Cost: \$22 **Deadline:** August 20

Wii Nights

Join us to play some Wii games and socialize with friends old & new! There are a variety of Wii games to choose from and we will serve pizza & drinks. If you'd like to bring your favourite Wii game to share for the evening, that's fine too!

Ages: 10 and up
Program # 25 **Date:** Tuesday, July 20
Program # 26 **Date:** Tuesday, August 17
Program # 27 **Date:** Tuesday, September 14

For each date:

Time: 6:00pm-7:30pm **Cost:** \$6 per person
Location: CP Rochester "Cafeteria", 3399 Winton Road South, 14623
Deadline: One week prior to date

Programs for Individuals—Social Outings

Monroe County Fair

Want to enjoy the fair with a group of your friends or come meet someone new? Then join your friends and our staff for an evening out! We will spend the evening hitting up the carnival rides, shows, and get some dinner together.

Program # 21 **Ages:** 16 and up
Date: Wednesday, July 14th **Time:** 4:30-7:00pm
Cost: \$20 per person [includes admission, rides, & shows / bring your own money for food] **Deadline:** July 9

Kids' Day at the Monroe County Fair

It's Kids Day at the Fair again! Highlights for the 2010 County Fair include the Midway Carnival & Rides; Paint-a-pot/Pot-a-Plant; Robinson's Pig Paddlin' Porkers; Farm animals; Spaceport; Farmers' Field; Kids' Art Fair & Stamping...and much more!

Program # 22 **Ages:** All ages **Date:** Friday, July 16th
Fair opens at 10:30am / **Fair Closes** at 4:00pm
Location: 2695 East Henrietta Rd, Henrietta, 14467
Please note: CP Rochester staff will not be on-site the day of the event; Kids' Day is a family-oriented event
Free wristbands will be mailed out to the first 75 registrants

"Christmas in July" Dance

Do you like to get down and boogey? What about eating yummy food and drinking cold punch? Is socialization your thing? Well if summers got ya hot an tired and you need to cool down a little, come join us for Christmas in July. There will be a DJ, snacks, punch, dancing and a whole lot of fun!! If you wish to do a blind gift exchange, please bring a wrapped \$5 gift without any names on it.

Program # 23 **Ages:** 16 yrs and up
Date: Saturday, July 31st **Time:** 6:30pm-8:30pm
Location: CP Rochester Gym, 3399 Winton Rd S, Rochester 14623
Cost: \$8 per person **Deadline:** July 23

Programs for Individuals—The Outdoors

Outrigger Canoeing

Outrigger canoeing on the Genesee River & Erie Canal is a wonderful way to explore the Rochester area! The outrigger canoe is a very stable boat and can accommodate paddlers of all abilities, as we have adapted equipment and a hoier lift on the dock. As we paddle along, you will likely see painted turtles basking in the sun, white egrets or blue herons, ducks, and many other birds and wildlife. The outrigger canoe is guided by a trained steersperson and all participants are provided with a life-jacket and paddle. Come out & enjoy the waterways with us!

Ages: 8 yrs and up
Program # 13 **Date:** Friday, July 16th **Time:** 6:00-7:30pm
Program # 14 **Date:** Saturday, Aug 21st **Time:** 11:00-12:30pm
Program # 15 **Date:** Saturday, Sept 25th **Time:** 11:00-12:30pm

Location: Genesee Waterways Center, 149 Elmwood Ave, 14611
Cost: \$10 per person **Deadline:** one week prior to date
Group Size: Group may be limited to 7-8 people per outing

Overnight Camping Trip at Letchworth State Park

Love the outdoors? Want to get away for a night? Let's take a trip to Letchworth State Park to camp out in the "Grand Canyon of the East". The outing includes one night's stay in a cozy (heated) cabin, transportation to and from CP Rochester to Letchworth, meals, and two days of outdoor activities. We will maintain a 1:2 staff to participant ratio. If your son or daughter is interested, please contact us to see if this program is appropriate for your child!

Program # 16 **Date:** August 20-21 **Ages:** 10 yrs and up
Depart CP Rochester at 2:30pm Friday and **Return** Sat approx Noon
Location: Letchworth State Park, Mt Morris
Cost: \$25 **Deadline:** July 26
Group Size: Maximum 4 campers

Programs for Individuals—Fitness & Sports

Joy Jam—Team Esteem Project

There is no wrong body and no wrong way of moving. This Teen-Esteem Project is a group guided free-form movement practice that encourages healthy body images and self-acceptance in an atmosphere of non-judgment toward self and others. In a safe and nurturing environment we utilize inspiring World Beat music, props and percussion instruments. Participants are encouraged to embrace who they are, explore their movement potential, and expand from the inside out to be a leader of their life.

Facilitated by Susan Dobroski, creator of *JoyKinetics*... encouraging persons of **all abilities** to claim abundant joy and optimal health with authentic free-form movement.

Program # 17 **Ages:** Ages 13 and up
Date: Mondays, July 19,25, August 2,9,16,23
Time: 6:30-7:45pm **Cost:** \$36 per person
Location: CP Rochester “Cafeteria”, 3399 Winton Road S, 14623
Deadline: July 12 **Group Size:** Minimum 4 people

Golf Lessons

Golf is a sport that can be enjoyed for a lifetime. However, many people have a fear of going on a golf course because they have never been taught the proper techniques. During this 5-week session, participants will learn the basics of golf including grip, stance, swing and selecting the correct club. You will be guided by PGA Golf Professional and 25-year instructor Tom Kenyon. Price includes balls and equipment.

Program # 18 **Dates:** Thursdays, July 29, August 5,12,19,26
Time: 6:00-7:00pm **Cost:** \$75
Location: Woodlands Driving Range, 5500 Ridge Rd, Spencerport
Deadline: July 15th **Ages:** Must be 10 years or older.
Group Size: Minimum 4 people

Programs for Individuals—Fitness & Sports

Introduction to Archery

Allow certified archery instructors Ben and Marcia to take you on an archery adventure! Throughout this 6-week course you will learn about bow and arrows, how to take care of and shoot bows, safety concerns in archery. You will be able to shoot on their air-conditioned, 15-lane indoor range or at their fascinating, life-like outdoor range. Targets will consist of balloons, paper targets, and stationary and mobile stuffed animals. The facility is wheelchair accessible and participants of all abilities are welcome, although you do need mobility and strength in one arm to pull back the bow.

Program # 19 **Ages:** 8 yrs and up
Dates: Tuesdays, July 20,27, August 3,10,17,24 **Time:** 4:00-5:00pm
Location: Creekwood Archery, 451 Lawrence Rd, Brockport 14420
Cost: \$36 **Deadline:** July 13th
Group Size: Minimum 3 people

Indoor Rock Wall Climbing

Have you ever wanted to climb a mountain but didn't have the training? How about being allergic to the sun or bugs? Don't want to get wet in the rain? If any of these statements describe you, this program is perfect. Join us at Rock Ventures for 6 exciting weeks of rock wall climbing fun with trained staff. We stress challenge by choice and will encourage participants to build on their successes from week to week! Price includes all equipment.

Ages: 8 yrs and up
Dates: Tuesdays, July 20, 27, August 3,10,17,24
Program # 20A **Time:** 6:00-7:00pm
Program # 20B **Time:** 7:00-8:00pm
Location: Rock Ventures, 1044 University Ave., Rochester 14607
Cost: \$36 **Deadline:** July 13th
Group Size: Limit 4 participants per time slot