

# PARKS AND RECREATION

Town of  
**HENRIETTA**

605 CALKINS ROAD, HENRIETTA NY  
585.359.2540 | [www.henriettarec.org](http://www.henriettarec.org)

*FALL 2023*

*Registration begins: August 14th for residents; August 21st for non-residents*





## Town Supervisor Stephen L. Schultz

Craig C. Eckert, Deputy Town Supervisor  
Linda K. Salpini, Director of Finance and Personnel

Henrietta Town Board  
Millie C. Sefranek  
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## Parks and Recreation Department

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# Recreation Center

605 Calkins Road  
(585) 359-2540

## Hours of Operation

Monday – Friday 7:00 AM – 9:00 PM  
Saturday 8:00 AM – 5:00 PM  
Sunday 8:00 AM – 5:00 PM

There's always something new going on at Henrietta Parks and Recreation. From modern parks improvements to fun new programs at the Recreation Center, we are dedicated to providing recreation options for a wide variety of ages, interests, and abilities. Right now, there are several new parks projects going on in Town. The Town Board recently approved a new master plan for Hoskins Park. The Park, located at the intersection of Winton and Pinnacle Roads, will be the future home of Educator's Grove, dedicated to honoring educators from the Rush-Henrietta School District. Proposed renovations to the park include the addition of a variety of deciduous and ornamental trees, an evergreen grove, a stone dust trail traveling through the park, and a memorial area with a pergola. For more information on the Educator's Grove project, visit <https://www.henrietta.org/community/project/educators-grove-hoskins-park> or <http://www.rhnet.org/educatorsgrove>. The sports courts in Veterans Memorial Park will re-open for play late this summer. The old basketball and tennis courts received an impressive facelift and expansion this summer. The renovated space includes two full-sized basketball courts, two tennis courts that are also marked for pickleball, and four additional dedicated pickleball courts. LED lighting will be added to the area and a wind screen for the pickleball area is coming next spring. You only need to browse the pages of this brochure to see all the cool new things going on at the Recreation Center this fall. From holiday themed youth art programs to Nerf Zombies and Beetlejuice Bingo, the team has been hard at work creating programs to interest kids from preschool to teens. We are especially excited to unveil the new Ninja Rig in the gymnastics area. This fun and challenging course will be a great addition to an already thriving program. Many thanks to the Henrietta Parks staff for completing its installation in just two days. The gymnastics team and instructors have already been testing it out! We haven't forgotten about the adults. For all you Pickleball enthusiasts out there, sign up now for the first ever Henrietta Doubles Pickleball Tournament. Also new this fall - Mind-Body Boot Camp and the Saturday Bocce League. Of course, amidst all the new programs listed in the brochure, you'll also find our popular traditional programs and events listed. I hope that you and your family find some things inside these pages that interest you. We're excited for the coming season and hope to see your smiling faces at the Rec Center this fall.

- Pam Grundman, Director of Parks and Recreation



# Recreation Center

## Drop-in Activities

Drop-in cost for activities is \$3.00 for residents, \$5.00 for non-residents. (Subject to scheduling changes, refer to online calendar for updated information)

Program	Days	Times	Ages
Sunday 35+ Hoops	Sunday	12:30pm-2:30pm	Adults 35+
Afternoon Pickleball	Monday, Wednesday	10:00am-2:00pm	Adult 18+
Advanced Pickleball	Tuesday	9:00am-12:00pm	Adult 18+
Afternoon Pickleball	Tuesday	12:00pm-3:00pm	Adult 18+
Afternoon Pickleball	Thursday	11:00am-2:00pm	Adult 18+
Evening Pickleball	Thursday	6:15pm-8:45pm	Adult 18+
Table Tennis (free for members)	Sunday	8:30am-10:30am	All ages welcome
Table Tennis (free for members)	Monday, Wednesday	8:30am-1:30pm	All ages welcome

Members who play Pickleball/Drop In Basketball receive discounted rates on multiple visits for drop-in activities. (Not available to non-members)

Visit Pass	Resident Fee/NR Fee
10 Visits	\$20/\$35
20 Visits	\$30/\$50

## Membership Admission Policies

- Members sign and agree to adhere to the facility code of conduct indicated on the disclaimer
- Members will receive a keytag to use for scanning into facility.
- Replacement fee for member keytag is \$5.00 per person. (Scan-in required)
- Members receive free access to walking/running track, table tennis, and open gym times. (Scan-in required)
- Scheduled drop-in activities will require a fee and scan-in.
- Drop-in activity daily cost for members and non-members is \$3.00 for residents, \$5.00 for non-residents.
- Scan-in is not required for pre-registered recreation programs, facility rentals, or special events.
- Individuals under the age of 18 must be signed up by their legal guardian.
- Members under age 14 must be supervised by an adult Henrietta Recreation Member age 18+ while using the facility.
- Open gym is open to Members only at this time. Anyone under the age of 18 years old must have parent or guardian sign for their membership or renewal
- Indoor waiting is not allowed. Spectators are not allowed.



The Henrietta Parks and Recreation staff take photos of our programs and events for promotional use. If you prefer not to have your photo or your child's photo used in promotional materials, please inform the instructor or photographer.

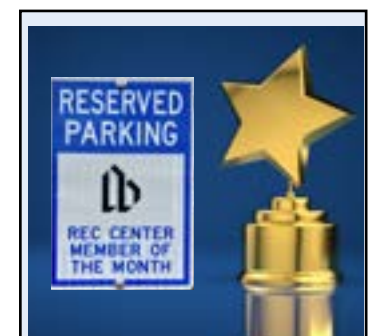
## Reservation Fees

Space available for athletic activities.

Room	R-H Youth Sports Fee	Res Fee	Non-Res Fee
Gym 1	\$40 per hr.	\$50 per hr.	\$60 per hr.
Gym 2 Gym 2-A Gym 2-B	\$50 per hr. \$30 per hr. \$30 per hr.	\$60 per hr. \$35 per hr. \$35 per hr.	\$70 per hr. \$45 per hr. \$45 per hr.
Activity Room	\$30 per hr.	\$35 per hr.	\$45 per hr.
Multipurpose Room 1	\$30 per hr.	\$35 per hr.	\$45 per hr.
Multipurpose Room 2	\$30 per hr.	\$35 per hr.	\$45 per hr.
Batting Tunnel (w/ 2-B)	\$40 per hr.	\$50 per hr.	\$60 per hr.
Pickleball Court (available for rental on Fridays from 10am-2pm)	\$15 per hr.	\$15 per hr.	\$15 per hr.

Membership Type	Resident Annual Fee	Non-Resident Annual Fee
Adult (14-59)	\$10.00	\$40.00*
Senior (60+)	FREE	\$20.00
Youth (0-4)	FREE	FREE
Youth (5-13)	\$5.00	\$20.00
Veteran	FREE	\$20.00

\*A discount of \$10 per year is available for Non-Resident Adults (14-59) who reside in the R-H school district or work in Henrietta (must show proof of Henrietta employment from the Henrietta Chamber of Commerce when signing up).



**Member of the Month:**  
Each month we will highlight one Henrietta Recreation Member who makes a difference by demonstrating kindness, encouragement and helpfulness!

# General Information

## PARKS AND RECREATION ADVISORY BOARD

The Purpose of the Henrietta Parks and Recreation Advisory Board is to advise and assist the Town Board in the preparation of plans and programs for carrying out the functions of the Parks and Recreation Department. The Board also reviews plans and proposals for the acquisition and development of parks and recreation facilities and may be referred to make such recommendations to the Town Board through the Director of Parks and Recreation in connection therewith as deemed appropriate.

### CURRENT MEMBERS

<b>Gary Junge, Chair</b>	<b>Michael Condello</b>
<b>Barbara Christensen</b>	<b>Michael Davis</b>
<b>Patrick Irving</b>	<b>Mary Ellen Liss</b>
<b>Eric Ober</b>	<b>Aaron Lehman</b>
<b>Susan Burke</b>	<b>Diana Keating</b>
<b>Robert Schoener</b>	<b>Robert Schoener</b>
<b>David Moriarty, Vice Chair</b>	

## YOUTH DEVELOPMENT ADVISORY COMMITTEE

Mission: To improve the quality of life for Henrietta youth and families through planning, advocacy, networking and programming.

### CURRENT MEMBERS

<b>Dr. Jesse Redlo, Chair</b>	<b>Mariah Augustin, Youth Rep</b>
<b>Barbara Christensen, Vice Chair</b>	<b>Alyssa Carolyn DeFreze, Youth Rep</b>
<b>Albert Barrett</b>	<b>Tracy Son, Youth Rep</b>
<b>Ciara DeFreze</b>	<b>Zoey Gudonis, Youth Rep</b>
<b>Bhim Dhakal</b>	<b>Saraby Satheeshkumar, Youth Rep</b>
<b>Oluwakunmi Olasanoye</b>	<b>Rachel Sherman, School Board Liaison</b>
<b>Lacresha Scott</b>	<b>Ellen Glenna, Library Liaison</b>
<b>Harmony Sefranek</b>	<b>Anita Tichacek, Recreation Liaison</b>
<b>Bridget Bartholomay</b>	<b>Joe Bellanca, Jr., Town Board Liaison</b>

### Grandparents For Grandparents

Have you found yourself in the position of raising your grandchildren? The Town of Henrietta offers a support group where you can share your experiences and acquire helpful resources from families in similar situations. For more information, or you are interested in attending a meeting, contact Anita Tichacek at 359-7051.



Meetings will take place the 3rd Thursday of every month, from 6:30pm -8:00pm, beginning October 19 at the Recreation Center.

### Safe Place

The Recreation Center is a designated "Safe Place" and is one of nearly 300 stationary and mobile sites throughout Monroe County. Safe Place is a national outreach program assisting youth who are experiencing a crisis situation. In crisis, youth can go to a Safe Place location to access immediate help and services from Center for Youth professionals. For more information about Safe Place and The Center for Youth please visit [www.centerforyouth.net](http://www.centerforyouth.net) or call (585) 473-2464.



## HENRIETTA RECREATION DEPARTMENT POLICIES

The Recreation Department reserves the right to cancel or change any program due to low enrollment and may limit the size of any program. Additionally, any program may be cancelled or postponed due to unforeseen conditions which may directly impact the quality or safety of the program.

Classes missed because of illness, travel conflicts or personal reasons cannot be made up.

## WEATHER RELATED PROGRAM CANCELLATIONS

If the Rush-Henrietta School District is closed due to inclement weather conditions, ALL Henrietta Recreation Programs that are located in a SCHOOL FACILITY are also CANCELLED. If Rush-Henrietta schools close early due to inclement weather conditions, then Recreation Programs scheduled in the schools are also cancelled. For Henrietta Recreation programs that are NOT located in a Rush-Henrietta School District Facility, please call the Henrietta Recreation Department (585) 359-2540 or the weather information line at 585-234-1042 for daily updates regarding program cancellations. When possible, program cancellation information will be communicated to local media. Classes cancelled due to weather or unforeseen circumstances are not eligible for a credit or refund. If possible, make-ups will be scheduled.

## FOR YOUR INFORMATION

The following popular programs are **NOT** run by the Town of Henrietta. You may contact them directly for program information.

### R-H CONTINUING EDUCATION

Cub Care, Swim Lessons and more!  
[rhnet.org](http://rhnet.org) • (585) 359-7805

### R-H SOCCER CLUB

[www.rhsoccer.org](http://www.rhsoccer.org) • (585) 234-0245

### R-H YOUTH SPORTS ASSOCIATION

R-H Renegades Football & Cheer  
R-H Renegades Boys & Girls Basketball  
R-H Wrestling  
[www.rhysa.org](http://www.rhysa.org) • (585)270-0914

### R-H ATHLETIC ASSOCIATION

(Baseball/Softball)  
[www.rhaa.net](http://www.rhaa.net)  
Information Line (585) 234-5650

### R-H LACROSSE CLUB

Boys & Girls Lacrosse: [www.rhlax.com](http://www.rhlax.com)

# Henrietta Parks Information

## VETERANS MEMORIAL PARK, 595 Calkins Road

This park has many recreational facilities available to the public including the Henrietta Recreation Center, Senior Center, amphitheater, 3 playgrounds, softball and soccer fields, Roberts and Bushman cabins, picnic pavilions, outdoor restrooms, basketball, tennis courts and pickleball courts, and a walking trail that connects to the Lehigh Valley Trail.

## MARTIN ROAD PARK, 1344 Martin Road

Features a large playground, Buyck pavilion, outdoor restroom, soccer fields, kick wall, tennis courts, and catch and release fishing pond.

## LOOKUP PARK, 3850 East Henrietta Road

Amenities include Baldwin Cabin, a 9-hole disc golf short course, golf driving range and dog park. The dog park is self-monitored and is part of the Monroe County Dog Park system. An annual fee will allow you access to dog parks at Lookup Park, Ellison Park, Greece Canal Park, Pittsford Dog Park and Sweden Park. Registration for the dog park is required and can be done at the Henrietta Town Clerk's Office. The golf driving range is operated by the Henrietta Foundation. For hours and additional information regarding the driving range call (585) 334-1300.

## BREESE PARK, 108 Westcombe Park

This park features beautiful views of the Genesee River and has an accessible stone dust trail that runs alongside the river. The property is home to many types of wild animals and beautiful plants such as bluebell and trillium flowers, native ferns, mushrooms, black walnut trees, etc. Eagle Scout projects such as a pedestrian walking bridge, kiosk, and wildlife observation blind have been completed here. The newly added Breese Park Play and Fitness trail opened in November 2021.

## TINKER NATURE PARK, 1525 Calkins Road

Amenities include the Hansen Nature Center, Tinker Homestead and Farm Museum, Tyler Pavilion, small playground, volleyball court, 2 miles of hiking trails with wetland boardwalks, small amphitheater, gazebo overlooking pond, and the Community Garden Program (registration required). \*Please note that dogs are strictly prohibited at Tinker Nature Park

## CABIN / PAVILION RESERVATIONS AND FEES

Bushman Cabin, Roberts Cabin, Baldwin Cabin, and pavilions (Tyler, Buyck, Stevens, and Chase) are available to reserve. All cabins are heated and air conditioned and include restrooms, kitchens with oven/stove, refrigerator, sink, and tables with seating for approximately 50-100 people. Cabins and pavilions are available for use from 10:30am to 10:00pm, with the exception of Buyck and Tyler Pavilions, which are available until dusk. Henrietta residents can reserve cabins and pavilions up to 365 days in advance, non-residents up to 335 days in advance.

Reservations must be made in person at the Henrietta Recreation Center or by request online. To make a reservation request online please visit [henriettarec.org](http://henriettarec.org). A \$100 cleaning deposit in the form of a check is due upon key-pickup for all cabins and Tyler Pavilion. If the facility is left in its original condition, key is returned and rules are followed, your check will be returned to you by mail. For more information on these and additional town park properties, please visit our website at [www.henriettarec.org](http://www.henriettarec.org).



## Cabin Reservation Fees

Facility	Resident Daily Fee	Non-Resident Daily Fee
Roberts Cabin at Veterans Memorial Park	\$150 (Monday-Thursday) \$165 (Friday-Sunday)	\$225 (Monday-Thursday) \$250 (Friday-Sunday)
Bushman Cabin at Veterans Memorial Park	\$150 (Monday-Thursday) \$165 (Friday-Sunday)	\$225 (Monday-Thursday) \$250 (Friday-Sunday)
Baldwin Cabin at Lookup Park	\$150 (Monday-Thursday) \$165 (Friday-Sunday)	\$225 (Monday-Thursday) \$250 (Friday-Sunday)
Pavilions	\$25	\$50

## Preschool Programs



### PRESCHOOL OPEN GYM

Preschool Open Gym gives children a chance for supervised play using a wide variety of equipment. All children must be accompanied by a parent or guardian. Location: Henrietta Recreation Center, Gymnastics Area



#### FALL SESSION

Age	Day	Time	Fee Res/NR
18 months- 2yrs with parent/guardian	Wednesday Sept. 13 - Nov. 8	9:30am-10:15am	\$45/\$55
2yrs-4yrs with parent/guardian	Wednesday Sept. 13 - Nov. 8	10:45am-11:30am	\$45/\$55
2yrs-4yrs with parent/guardian	Thursday Sept. 14 - Nov. 9	9:30am-10:15am	\$45/\$55
2yrs-4yrs with parent/guardian	Thursday Sept. 14 - Nov. 9	10:45am-11:30am	\$45/\$55

#### LATE FALL SESSION

Registration for residents begins October 2 and October 9 for non residents. \*No program Dec. 27, 28

Age	Day	Time	Fee Res/NR
18 months- 2yrs with parent/guardian	Wednesday Nov. 29 - Jan. 24	9:30am-10:15am	\$40/\$50
2yrs-4yrs with parent/guardian	Wednesday Nov. 29 - Jan. 24	10:45am-11:30am	\$40/\$50
2yrs-4yrs with parent/guardian	Thursday Nov. 30 - Jan. 25	9:30am-10:15am	\$40/\$50
2yrs-4yrs with parent/guardian	Thursday Nov. 30 - Jan. 25	10:45am-11:30am	\$40/\$50

### MUSIC AND MOVEMENT

Together with a caregiver, babies and toddlers will sing, dance and move to music. We will explore instruments while we march around the room, feel the beat with rhythm sticks, get silly with shakers and so much more. We will practice hand-eye coordination with bubbles, scarves and ribbons. There are always fun activities to help develop fine and gross motor skills, vocabulary and social skills. Don't forget the fun in watching friendships that are blooming under the parachute each class! Come and dance with me. Instructor: Missy Yandow. Location: Recreation Center



Age	Day	Time	Fee Res/NR
1-3yrs with parent	Friday Sept. 8-Oct. 27 *No program Sept. 29 & Oct. 13	10:00am-10:30am	\$50/\$60

Preschool Playgroup is a structured program that encourages social development through play and educational activities. Children learn to play together in a supervised environment by participating in games, projects, songs, and arts & crafts. See orientation schedule on receipt. Location: Henrietta Recreation Center

\*You may only register for one preschool playgroup class. You may register your child for a second Preschool Playgroup class one week prior to the program starting, if space is available.\*

#### FALL SESSION

Instructor/Location	Age	Day	Time	Fee Res/NR
TBA MP1	2.5-3yr	Monday & Tuesday Sept. 18 - Nov. 7 *No class Oct. 9	9:15am-11:45am	\$206/\$237
TBA MP1	3-5yr	Wednesday & Friday Sept. 20 - Nov. 10	9:15am-12:15pm	\$220/\$253
TBA MP1	3-5yr	Thursday Sept. 21 - Nov. 9	9:15am-12:15pm	\$110/\$127

#### LATE FALL SESSION

Registration for residents begins October 2 and October 9 for non-residents \*No program Nov. 21-Nov. 24, Dec. 25-Jan. 5

Instructor/Location	Age	Day	Time	Fee Res/NR
TBA MP1	2.5-3yr	Monday & Tuesday Nov. 13 - Jan. 23	9:15am-11:45am	\$220/\$253
TBA MP1	3-5yr	Wednesday & Friday Nov. 15 - Jan. 26	9:15am-12:15pm	\$220/\$253
TBA MP1	3-5yr	Thursday Nov. 16 - Jan. 25	9:15am-12:15pm	\$110/\$127

### SCOOT & SLIDE: GYM TIME WITH PARENT

Join us for open gym time where your child can run, jump, ride and scoot! The gym will be set up with various ride-ons, scooters, and sports equipment. All equipment will be age appropriate. Children must be supervised while playing in the gym. All in attendance must have a membership.



Age	Day	Time	Fee
18 months-6yrs	Tuesday, Wednesday, Thursday Beginning September 12	10:00am-12:00pm	Free to Members

## Preschool and Youth Programs

### SCARECROWS AND JACK - O - LANTERNS

Have fun making Fall and Halloween projects with your child. Storytime, seasonal fingerplays and a snack are included. Take home a packet of themed coloring sheets and project ideas to make at home. Please bring a smock. Location: Recreation Center, Multipurpose Room 2



Age	Day	Time	Fee Res/NR
2-5yrs with parent/guardian	Saturday October 14	10:00am- 11:30am	\$10/\$15

### IT'S TURKEY TIME

Enjoy time with your preschoolers doing a variety of Thanksgiving themed crafts. Children will have an opportunity to make a turkey-themed snack, listen to a story and learn fingerplays based on the seasonal theme. Take home a packet of themed coloring sheets and project ideas to do at home. Please bring a smock. Location: Recreation Center, Multipurpose Room 2

Age	Day	Time	Fee Res/NR
2-5yrs with parent/guardian	Saturday November 11	10:00am- 11:30am	\$10/\$15

### RING IN THE HOLIDAYS

Share some quality time with your child making different seasonal crafts. Projects will also include a few holiday crafts from different countries. Children will have an opportunity to decorate a cookie for snack, listen to a story and learn fingerplays based on the seasonal theme. Take home a coloring packet that includes make your own Christmas cards. Please bring a smock. Location: Recreation Center, Multipurpose Room 2

Age	Day	Time	Fee Res/NR
2-5yrs with parent/guardian	Saturday Dec. 2	10:00am- 11:30am	\$10/\$15

### START SMART BASKETBALL

Start Smart Basketball® is a five week instructional program which helps parents work one-on-one with their child, teaching them the fundamentals of basketball. During the program, parents work together with their children in a supportive environment to learn all the basic motor skills of the sport. Location: Henrietta Recreation Center, Gym 2B

Age	Day	Time	Fee Res/NR
3-5yrs w/ parent	Monday Nov. 6- Dec. 11 *No program Nov. 20	5:30pm-6:15pm	\$65/\$75

### START SMART BASEBALL

Start Smart® Soccer is an instructional program which helps parents work one-on-one with their children teaching them baseball basics. The program helps prepare children for organized sports using methods that are both safe and fun. During the program, parents work together with their child in a supportive environment to learn all of the basic motor skills of the sport. Location: Green space next to the Rec Center parking lot

Age	Day	Time	Fee Res/NR
3-5 yrs w/ Parent	Mondays Sept. 18-Oct. 23 *No program Oct. 9	5:30pm-6:15pm	\$65/\$75

### DANCE

Classes will be held at the Henrietta Recreation Center. Parents may observe on the last day of each session (space is limited), and students will have optional performance opportunities through Visions Dance Studio, Inc. (visionsdancestudio.com). All students should have hair pulled neatly away from the face. A water bottle is also recommended.

#### Preschool Dance Adventures! (Ballet/Tap/Creative Dance) 3-5yrs

This class emphasizes Ballet and Tap basics with creative lesson plans. No experience is necessary. Students will need a leotard and tights (any color), ballet slippers and tap shoes. Boys should wear a t-shirt and shorts (or stretch pants), ballet slippers and tap shoes.

Age	Day	Time	Fee Res/NR
3-5yrs	Wednesday Sept. 6 - Oct. 25	5:30pm-6:15pm	\$80/\$92
3-5yrs	Saturday Sept. 9 - Oct. 28	9:00am-9:45am	\$80/\$92

#### Dance Adventures! (Ballet/Tap/Jazz) 5-7yrs

This class emphasizes Ballet, Jazz and Tap basics with Creative lesson plans. No experience is necessary. Students will need a leotard and tights (any color), ballet slippers and tap shoes. Boys should wear a t-shirt and shorts (or stretch pants), ballet slippers and tap shoes.

Age	Day	Time	Fee Res/NR
5-7yrs	Wednesday Sept. 6- Oct. 25	6:15pm-7:00pm	\$80/\$92
5-7yrs	Saturday Sept. 9- Oct. 28	9:45am-10:30am	\$80/\$92

#### Hip Hop Dance Party! 5-8yrs

This class emphasizes basic Hip Hop and Jazz technique. No experience is necessary. Students will need comfortable stretchy clothing and clean sneakers.

Age	Day	Time	Fee Res/NR
5-8yrs	Wednesday Sept. 6- Oct. 25	7:00pm-7:45pm	\$80/\$92
5-8yrs	Saturday Sept. 9-Oct. 28	10:30am-11:15am	\$80/\$92

#### Dance Combo Class: Ballet & Tap 8-10yrs

The Combination class emphasizes Ballet and Tap basics. No experience is necessary. Students will need a leotard and tights (any color), ballet slippers and tap shoes. Boys should wear a t-shirt and shorts (or stretch pants), ballet slippers and tap shoes.

Age	Day	Time	Fee Res/NR
8-10yrs	Saturday Sept. 9-Oct. 28	11:15am-12:00pm	\$80/\$92

### CARTOONS AND CREATION: CRAFT TIME WITH PARENT

Bring your youngster for a morning of games, crafting and cartoons! Children must be supervised. All in attendance must have a membership.



Age	Day	Time	Fee
18 months-6yrs	Tuesday Oct. 3 - Dec. 19 *No program Nov. 7	9:30am-11:00am	Free to Members

## Youth Sports Programs

### FLAG FOOTBALL LEAGUE

This program develops football related motor skills while giving participants the opportunity for non-contact team play. Teams will practice twice a week and have a game on Saturday. Monday & Wednesday practice, Saturday games begins Sept. 16th.

Location: Veterans Memorial Park, 595 Calkins Road

Age (as of Sept. 1)	Fee Res/NR
5 - 6 years	\$70/\$80
7 - 9 years	\$70/\$80
10 - 12 years	\$70/\$80
13 - 15 years	\$70/\$80

Practices:  
Monday and Wednesdays  
5:45pm- 7:15pm  
1st practice Sept. 6

Games:  
Saturdays  
9:00am or 11:15am  
1st game Sept. 16



### YOUTH SOCCER LEAGUE

This program is appropriate for all skill levels, it will focus on the development of soccer skills, strategies, and basic knowledge of the sport. Players will practice with their team twice a week and play games on Saturdays. Location: Martin Road Park, Soccer Fields

Age:	Fee Res/NR
5 - 6 years	\$70/\$80
7 - 9 years	\$70/\$80
10 - 12 years	\$70/\$80
13- 15 years	\$70/\$80

Practices:  
Tuesdays and Thursdays  
5:45pm- 7:15pm  
1st practice Sept. 12

Games:  
Saturdays  
9:00am or 11:15am  
1st game Sept. 16



### CAPTURE THE FLAG

Stop in for an afternoon of action, competition and fun! All participants must wear sneakers. Location: Henrietta Recreation Center, Gym.

Age	Day	Time	Fee Res/NR
7-11yrs	Saturday Sept. 23- Oct. 28	2:00pm - 3:15pm	\$30/\$40



### ROCHESTER FENCING CLUB -FIT KIDS

Calling all Mini Musketeers: come play pirate and other fun games in this safe introduction to the sport of fencing. Start with a warm up, obstacle courses and skill building activities to develop focus, agility, balance and eye/hand coordination. New skills are practiced one-on-one with the coach. Due to USA Fencing regulations, please bring \$10 to your first class to be registered with USA Fencing. Sneakers required.

Age	Day	Time	Fee Res/NR
5-7yrs	Wednesday Sept. 13-Oct. 4	4:00pm-4:45pm	\$70/\$81

### FRIDAY YOUTH FLOOR HOCKEY

Skate over to the Recreation Center for an afternoon of Floor Hockey. Eye wear and sticks will be provided. All participants must wear sneakers. Location: Henrietta Recreation Center, Gym.

Age	Day	Time	Fee Res/NR
7-11yrs	Friday Oct. 6 - Nov. 3	6:00pm-7:15pm	\$30/\$40



### NERF ZOMBIES

Come with your friends and fight Zombies. All participants must wear sneakers. Location: Henrietta Recreation Center, Gym.

Age	Day	Time	Fee Res/NR
6-12yrs	Saturday October 14	2:00pm-3:30pm	\$11/\$15



### GAGA BALL

Gotta Gaga! Get out of the house, work up a sweat and make new friends. All participants must wear sneakers. Location: Henrietta Recreation Center, Gym.

Age	Day	Time	Fee Res/NR
7-11yrs	Friday Oct. 6 - Nov. 3	7:30pm-8:30pm	\$30/\$40



### FALL TENNIS

These lessons will teach basic strokes and put participants into drills and games that will show tennis can be fun!

Age	Location	Day	Time	Fee Res/NR
5-13yrs	Rec Center Gym	Thursday Oct. 5 -Nov. 16	5:00pm-6:00pm	\$65/\$75



### MATBALL

Kids will love the fast-paced competition of Matball! Round the big bases over to the Recreation Center to sign up! Sneakers are required for all participants. Location: Henrietta Recreation Center, Gym.

Age	Day	Time	Fee Res/Nr
7-11yrs	Wednesday Sept. 13- Oct. 18	6:00pm-7:15pm	\$30/\$40



## Youth Sports Programs

### SOCCER SHOTS

Soccer Shots is a national program that teaches soccer using creative games. Sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will expose your child to the fun of soccer and provide the foundation needed to get started in the sport.



Location: Veteran's Memorial Park, 595 Calkins Road, soccer fields behind Bushman Cabin

Age	Day	Time	Fee Res/NR
2yr olds* w/ parent	Tuesday Sept. 5 - Oct. 24	4:30pm-5:00pm	\$135/\$155
3 - 4yrs	Tuesday Sept. 5 - Oct. 24	5:00pm- 5:45pm	\$135/\$155
5 - 7yrs	Tuesday Sept. 5- Oct. 24	5:00pm-5:45pm	\$135/\$155
3-4yrs	Tuesday Sept. 5 - Oct. 24	5:45pm - 6:30pm	\$135/\$155
5-7yrs	Tuesday Sept. 5 - Oct. 24	5:45pm - 6:30pm	\$135/\$155

### Soccer Shots Late Fall Session

Registration for residents begins October 3 and October 11 for non-residents

Location: Recreation Center, Gym 2B

Age	Day	Time	Fee Res/NR
2yr olds* w/ parent	Tuesday Nov. 7 - Dec. 19	4:40pm-5:10pm	\$125/\$144
3 - 4yrs	Tuesday Nov. 7- Dec. 19	5:15pm-6:00pm	\$125/\$144
5 - 7yrs	Tuesday Nov. 7 - Dec. 19	6:05pm-6:55pm	\$125/\$144

\*The two year old program will require at least one parent to participate alongside their child.

### YOUTH INDOOR SOCCER

This program is designed for youth ages 6 to 11 years of age. It includes fundamentals and strategies of soccer while providing the opportunity for scrimmage play. Location: Henrietta Recreation Center, Gym 1



Age	Day	Time	Fee Res/NR
6-8 yrs	Wednesday Oct. 25 - Dec. 13 *No program Nov. 22	5:45pm-7:00pm	\$70/\$81
9-11 yrs	Wednesday Oct. 25-Dec. 13 *No program Nov. 22	7:15pm-8:30pm	\$70/\$81
6-8 yrs	Saturday Oct. 28 - Dec. 16 *No program Nov. 25	9:40am-10:55am	\$70/\$81
9-11 yrs	Saturday Oct. 28 - Dec. 16 *No program Nov. 25	11:05am-12:20pm	\$70/\$81

### YOUTH BASKETBALL

This program will teach participants fundamental basketball skills led by current President of the Pennsylvania Basketball Coaches Association, Gold Certified USA Basketball Coach and former Assistant Coach at Pittsford Mendon High School, Glenn Anderson. Participants will focus on ball handling, form shooting, offensive skill development, agility, and footwork. No prior experience is required. Players should bring their own ball if possible. Location: Henrietta Recreation Center, Gym 2



Age	Day	Time	Fee Res/NR
10-14 yrs	Monday Sept. 11 - Oct. 9	5:30pm-6:30pm	\$100/\$115
10-14yrs	Monday Oct. 16 - Nov. 13	5:30pm- 6:30pm	\$100/\$115



### LOOKING FOR PRIVATE OR SEMI PRIVATE BASKETBALL LESSONS?

Please contact Craig Ross at [cross@henrietta.org](mailto:cross@henrietta.org) for more information. Certified USA Basketball coach, Glenn Anderson, is now offering private and semi-private lessons

through Henrietta Recreation. This is for current basketball players looking to get ready for scholastic and college basketball.

### MARTIAL ARTS

The Town of Henrietta offers Martial Arts instruction for youth age 5 to adult. The style used is Chito-ryu with a mix in Judo and Aikido as well as other styles of Karate. Location: Henrietta Recreation Center

Ages:5yrs-Adult



Class Name	Age	Day	Time	Fee Res/NR
Beginner Karate	5yrs & Up	Tues. Sept. 12- Oct. 24	5:30pm-6:30pm	\$49/\$59
Jr. Yellow Belt only	5yrs & Up	Tues. Sept. 12- Oct. 24	5:30pm-7:00pm	\$74/\$84
Jr. Yellow Belt- Jr. Brown Belt	5yrs & up	Thurs. Sept. 14- Oct. 26	6:00pm-7:30pm	\$74/\$84
Advanced, Sr. Ranks	Advanced	Thurs. Sept. 14- Oct. 26	7:15pm-8:45pm	\$74/\$84

### Late Fall Session

Class Name	Age	Day	Time	Fee Res/NR
Beginner Karate	5yrs & Up	Tues. Nov. 7- Dec. 19	5:30pm-6:30pm	\$49/\$59
Jr. Yellow Belt only	5yrs & Up	Tues. Nov. 7- Dec. 19	5:30pm-7:00pm	\$74/\$84
Jr. Yellow Belt- Jr. Brown Belt	5yrs & up	Thurs. Nov. 2 - Dec. 21 *No program Nov. 23	6:00pm-7:30pm	\$74/\$84
Advanced, Sr. Ranks	Advanced	Thurs. Nov. 2 - Dec. 21 *No program Nov. 23	7:15pm-8:45pm	\$74/\$84

## Youth Sports Programs & Youth Programs

### LET'S GET GROOVY PARTY!

Can you dig it? This groovy party is anything but mellow. Hair chalk, sand art and snacks will be primo. We'll also tie dye some groovy threads! Bring a white T-shirt or garment to tie dye!  
Location: Recreation Center, Activity Room



Age	Day	Time	Fee Res/NR
7-12yrs	Friday September 22	6:30pm-7:45pm	\$14/\$19

### BETLEJUICE BINGO AND TRIVIA NIGHT

It's showtime! Come put your Beetlejuice knowledge to the test. We will play Beetlejuice Bingo and Beetlejuice Trivia. Enjoy dark room punch and creepy crawler snacks! Location: Recreation Center



Age	Day	Time	Fee Res/NR
12yrs and Up	Friday October 27	6:00pm-7:30pm	\$10/\$14

### TRIVIA NIGHT!

Test your knowledge each month as we highlight a different topic! Come alone or come with a team. Registration is required for each participant. Snacks will be provided. Open to all ages!



Topic	Day	Time	Fee Res/NR
Sports	Friday, September 29	6:30pm-7:45pm	\$8/\$15
Movies	Friday, November 17	6:30pm-7:45pm	\$8/\$15
Star Wars	Friday, December 15	6:30pm-7:45pm	\$8/\$15

### LEGO MASTER BUILDING COMPETITION

Calling all master Lego builders! Compete in an exciting Lego building competition. Build with, and against, your friends to win prizes!



Age	Day	Time	Fee Res/NR
8-9yrs	Saturday November 18	12:00pm - 1:30pm	\$14/\$19
10-12yrs	Saturday November 18	2:00pm-3:30pm	\$14/\$19

### HOLIDAY HANGOUT: SWEET TREAT & CREATE

Join us for this sweet class! Participants will create a tasty treat from candy, cookies and more as well as a cute ornament. It's sure to be a merry time! Location: Recreation Center, MP1



Age	Day	Time	Fee Res/NR
6-10 yrs	Saturday Dec. 2	10:30am-11:30am	\$14/\$19

### CREATIVE PAINTING AND DRAWING

Painting and drawing using creative techniques and a variety of materials, each class will be a unique project with a focus on natural materials and drawing inspiration from nature. Each class the students will be inspired to be creative and build color and composition techniques and to have fun while creating art. Materials are included. Instructor: Yushan Socola, Art Student, Location: Recreation Center



Age	Day	Time	Fee Res/NR
6-12yrs Session 1	Friday Sept. 8-Sept. 29	6:00pm-6:45pm	\$85/\$95
6-12yrs Session 2	Friday Oct. 6 - Oct. 27	6:00pm-6:45pm	\$85/\$95
6-12yrs Session 3	Friday Dec. 1 - Dec. 22	6:00pm-6:45pm	\$85/\$95

### DIY EARRINGS

In this class, the student will learn basic earring assembly techniques. We will make bead earrings and acrylic earrings/ keychains. For the acrylic earrings, we will be drawing on the acrylic and then assembling them. Materials are included: we will have ear clips and earring hooks provided. Instructor: Yushan Socola, Art Student, Location: Recreation Center



Age	Day	Time	Fee Res/NR
12- 17yrs	Sunday Nov. 5	1:00pm- 2:00pm	\$36/\$46

### CREATIVE PAINTING AND DRAWING

Pop in for a one time class with Yushan! Students will be inspired to be creative and build color and composition techniques and to have fun while creating art. Materials are included. Instructor: Yushan Socola, Art Student, Location: Recreation Center



Age	Day	Time	Fee Res/NR
6- 12yrs	Sunday Nov. 5	2:00pm- 3:00pm	\$30/\$40

### EPIC TRAINING FOR KIDS: FIRST AID FOR SCOUTS

Perfect for kids and Scouts as this class meets badge requirements for Boy/Girl Scouts. Taught by EMT's/Nurses; this course teaches 8-12yrs. 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 of heat and cold emergencies. Also addressed are several common medical emergencies found in schools today such as: Food allergies, diabetes, seizures and asthma. This course meets requirements for several boy/girl scout badges. Location: Henrietta Recreation Center

Age	Day	Time	Fee Res/NR
8-12yrs	Tuesday November 14	6:00pm -7:30pm	\$26/\$36

## Youth Programs

### EPIC TRAINING FOR KIDS: HOME ALONE

This instructor led 2-hour class is for boys and girls ages 7-12yrs. Supplemented by a video presentation and group activities; participants will learn the importance of behaving responsibly when home alone. Topics include, but are not limited to: basic first aid, what to do when a stranger comes to the door, answering the phone, internet safety and how to react during a various home emergency such as a power outage or fire. Knowing when your child is ready to stay home alone is a difficult decision and preparation can make the transition much easier for you & your child the roles and responsibilities. Bring a snack and a self addressed envelope! Location: Henrietta Recreation Center

Age	Day	Time	Fee Res/NR
7-12yrs	Tuesday November 28	6:00pm-7:30pm	\$40/\$50

### EPIC TRAINING FOR KIDS: BABYSITTER'S TRAINING

This instructor lead 5 hour class is supplemented by a video presentation, lecture and group activities. Participants will learn the roles and responsibilities of a babysitter including skills in: the business of babysitting, accident prevention, first aid, care of choking victims and the ages and stages of children. Each student will receive a PDF materials to print prior to the session. Certification card issued upon completion. Bring a self address envelope and a lunch! Location: Henrietta Recreation Center



Age	Day	Time	Fee Res/NR
7-12yrs	Friday November 24	10:00am - 3:00pm	\$75/\$85



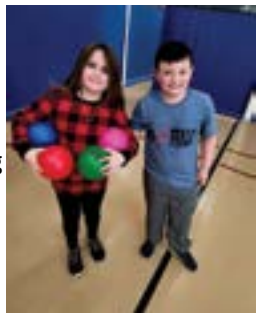
### THANKSGIVING BREAK MORNING FUN CAMP

Join us for some on site fun at the Recreation Center. Activities include: indoor games, craft time, playing games with friends and more! Location: Henrietta Recreation Center, Multipurpose Room 1 & 2, Gym 2

Grades	Dates	Time	Fee Res/NR
1st-6th	Mon-Wed Nov. 20-Nov. 22	9:00am-12:00pm	\$25/\$35

### THANKSGIVING BREAK PROGRAM

Join us for some on site fun at the Recreation Center. Activities include: indoor games, craft time, fun on our inflatable and one field trip. Bring a lunch and a late day snack. Dress for indoor and outdoor games. \*Optional: Bring personal money for snacks on field trip. Location: Henrietta Recreation Center, Multipurpose Room 1 & 2, Gym 2



Grades	Dates	Time	Fee Res/NR
1st-6th	Mon-Wed Nov. 20-Nov. 22	12:00pm-5:30pm	\$50/\$60



## Henrietta Youth Asset Team

Looking for Rush-Henrietta youth in grades 6 - 12 who want to be involved in their community by volunteering for town and charitable events, learning leadership skills, discussing with peers the needs of youth in our community and creating and facilitating events/programs to meet those needs. Feel empowered, share your voice and be a part of the change you would like to see!

All meetings are held once a month at the Henrietta Senior Center at 515 Calkins Road on the 3rd Tuesday of the Month From 6:00 pm-7:30 pm.

We are looking forward to a FANTASTIC year! For more information:  
Call (585) 359-2540  
or email Anita at [atichacek@henrietta.org](mailto:atichacek@henrietta.org)



### Volunteer Opportunities

Here is a list of some of the volunteer opportunities where you can make a difference! Join us to be a part of the volunteering experience and suggest new opportunities to make a difference in your community! More information on dates and times will be given at the meetings.

Make a Difference Day  
Halloween Celebration at Tinker  
Holiday Lights and Magic Event  
Bell Ringing for Salvation Army  
MLK Celebration  
Henrietta Valentine's Day  
Henrietta Memorial Day Parade



# Gymnastics

Fall session runs 9/11-10/29. \*No class on 10/9 for Explorer's Day  
 Late Fall Session runs 10/30 - 12/21 \*No class 10/31, 11/4, 11/10, 11/20-11/24.  
 Late Fall Registration for residents begins October 2 and October 9 for non-residents.

## Preschool 4-5 yrs

- This class is ideal for 4 year olds and 5 year olds who don't attend Kindergarten yet.
- Focus is on gaining experience & confidence on small equipment and learning basic gymnastics positions and terminology
- Using gymnastics to build gross motor skills – running, jumping, hanging, climbing, coordination, supporting body weight, and going upside down.
- Prerequisite: potty trained
- 3.5yr olds by recommendation only

Parent and Tot Gymnastics Classes	Age	Day	Time	Fall Fee Res/NR	Late Fall Fee Res/NR
1 year old walker with parent	1yr	Saturday	8:30am-9:00am	\$40/\$50	\$34/\$44
1 year old walker with parent	1yr	Sunday	8:30m-9:00am	\$40/\$50	\$34/\$44
Parent and Tot	2-3yrs	Wednesday	4:30pm-5:10pm	\$60/\$70	\$60/\$70
Parent and Tot	2-3yrs	Wednesday	5:15pm-5:55pm	\$60/\$70	\$60/\$70
Parent and Tot	2-3yrs	Wednesday	6:00pm-6:40pm	\$60/\$70	\$60/\$70
Parent and Tot	2-3yrs	Friday	9:00am-9:40pm	\$60/\$70	\$43/\$53
Parent and Tot	2-3yrs	Friday	9:45am-10:25am	\$60/\$70	\$43/\$53
Parent and Tot	2-3yrs	Friday	10:30am-11:10am	\$60/\$70	\$43/\$53
Parent and Tot	2-3yrs	Friday	11:15am-11:55am	\$60/\$70	\$43/\$53
Parent and Tot	2-3yrs	Sunday	9:15am-9:55am	\$60/\$70	\$51/\$61
Parent and Tot	2-3yrs	Sunday	10:00am-10:40am	\$60/\$70	\$51/\$61
Parent and Tot	2-3yrs	Sunday	11:00am-11:40am	\$60/\$70	\$51/\$61
Parent and Tot	2-3yrs	Sunday	11:45am-12:25am	\$60/\$70	\$51/\$61
Preschool Gymnastics Clases	Age	Day	Time	Fall fee Res/NR	Late Fall Res/NR
Preschool Gymnastics	4-5yrs	Monday	3:00pm-3:40pm	\$51/\$61	\$60/\$70
Preschool Gymnastics	4-5yrs	Monday	3:45pm-4:25pm	\$51/\$61	\$60/\$70
Preschool Gymnastics	4-5yrs	Monday	4:30pm-5:10pm	\$51/\$61	\$60/\$70
Preschool Gymnastics	4-5yrs	Monday	5:30pm-6:10pm	\$51/\$61	\$60/\$70
Preschool Gymnastics	4-5yrs	Monday	6:15pm-6:55pm	\$51/\$61	\$60/\$70
Preschool Gymnastics	4-5yrs	Tuesday	3:00pm-3:40pm	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Tuesday	3:45pm-4:25pm	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Tuesday	4:30pm-5:10pm	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Tuesday	5:30pm-6:10pm	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Tuesday	6:15pm-6:55pm	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Saturday	9:15am-9:55am	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Saturday	10:00am -10:40am	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Saturday	10:45am-11:25am	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Saturday	11:30am-12:10pm	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Saturday	12:30pm-1:10pm	\$60/\$70	\$51/\$61
Preschool Gymnastics	4-5yrs	Saturday	1:15pm-1:55pm	\$60/\$70	\$51/\$61



## Birthday party packages at the Henrietta Recreation Center!



Choose from three fun party packages for your special day!  
**Bounce House, Gaga Ball or Gymnastics**

Each package also includes two hours in the party room to play, eat and celebrate with family and friends. Sunday afternoons 2:30pm - 4:30pm for up to 12 kids. \$198 for Residents/\$228 For Non-Residents.

All party guests also receive a Henrietta Recreation water bottle filled with candy and prizes as their special gift.  
 Call (585) 444-2208 for more information or reservations.



# Gymnastics

## Beginner Gymnastics – Step 1

This class is ideal for 5 year olds who are currently in Kindergarten and 6-10+ year olds with less than 6 consecutive sessions (1 year) of prior experience. The goal of this class is to develop fundamental gross motor and gymnastics skills including: rolls, cartwheels, various hangs on the bars, jumping & rebounding, and basic body positions that are essential to the sport of gymnastics. Prerequisite: 5 year olds must be in Kindergarten

Beginner Gymnastics Classes - Step 1	Age	Day	Time	Fall Fee Res/NR	Late Fall Fee Res/NR
Step 1	5-6yrs	Saturday	9:00am-9:55am	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Saturday	10:00am-10:55am	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Saturday	11:15am-12:10pm	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Sunday	9:00am-9:55am	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Sunday	10:00am-10:55am	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Sunday	11:15am-12:10pm	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Sunday	12:15pm-1:10pm	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Tuesday	3:30pm-4:25pm	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Tuesday	4:30pm-5:25pm	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Tuesday	5:30pm-6:25pm	\$80/\$92	\$69/\$80
Step 1	5-6yrs	Wednesday	4:30pm-5:25pm	\$80/\$92	\$80/\$92
Step 1	5-6yrs	Wednesday	5:30pm-6:25pm	\$80/\$92	\$80/\$92
Step 1	7-9yrs	Saturday	9:00am-9:55am	\$80/\$92	\$69/\$80
Step 1	7-9yrs	Saturday	10:00am-10:55am	\$80/\$92	\$69/\$80
Step 1	7-9yrs	Saturday	11:15am-12:10pm	\$80/\$92	\$69/\$80
Step 1	7-9yrs	Sunday	9:00am-9:55am	\$80/\$92	\$69/\$80
Step 1	7-9yrs	Sunday	10:00am-10:55am	\$80/\$92	\$69/\$80
Step 1	7-9yrs	Sunday	11:15am-12:10pm	\$80/\$92	\$69/\$80
Step 1	7-9yrs	Sunday	12:15pm-1:10pm	\$80/\$92	\$69/\$80
Step 1	7-9yrs	Wednesday	3:30pm-4:25pm	\$80/\$92	\$80/\$92
Step 1	7-9yrs	Wednesday	6:30pm-7:25pm	\$80/\$92	\$80/\$92
Step 1	10+Yrs	Saturday	12:15pm-1:10pm	\$80/\$92	\$69/\$80
Step 1	10+yrs	Tuesday	6:30pm-7:25pm	\$80/\$92	\$69/\$80



Intermediate Gymnastics Classes - Step 2	Age	Day	Time	Fall Fee Res/NR	Late Fall Res/NR
Step 2	7-9yrs	Saturday	9:30am-10:25am	\$80/\$92	\$69/\$80
Step 2	7-9yrs	Saturday	10:30am-11:25am	\$80/\$92	\$69/\$80
Step 2	7-9yrs	Wednesday	3:30pm-4:25pm	\$80/\$92	\$80/\$92
Step 2	7-9yrs	Wednesday	4:30pm-5:25pm	\$80/\$92	\$80/\$92
Step 2	7-9yrs	Wednesday	5:30pm-6:25pm	\$80/\$92	\$80/\$92
Step 2	10+yrs	Saturday	11:30am-12:25pm	\$80/\$92	\$69/\$80
Step 2	10+yrs	Thursday	6:30pm-7:30pm	\$80/\$92	\$80/\$92

## Gymnastics Specials

### BACK HANDSPRING BOOTCAMP

A clinic all about the back handspring! Instructors will work with athletes to develop the strength, technique, and confidence needed to get their back handspring. This clinic is for those already working on a back handspring. It is not a beginner class. Pre-requisite: must be able to do a back walkover and proper round off, and have previous experience working on the back handspring. Please contact Jackie Kitto if you're unsure if this is a proper fit for your athlete.

Age	Day	Time	Fee Res/NR
8-12yrs	Mon. & Tues. Nov. 20 & 21	10:30am -12:00pm	\$30/\$40
8-12yrs	Wed. - Fri. Dec. 27 - Dec. 29	10:30am -12:00pm	\$45/\$55

### BACK WALKOVER AND PULLOVER CLINIC

The back walkover and pullover are two of the most essential skills to progress in gymnastics so we've put them together in this clinic. No previous gymnastics experience is necessary, but pre-requisites include being able to do a proper bridge and confidence going upside down on the uneven bars.

Age	Day	Time	Fee Res/NR
5-12yrs	Mon. & Tues. Nov. 20 & 21	9:00am - 10:00am	\$25/\$35
5-12yrs	Wed. - Fri. Dec. 27 - Dec. 29	9:00am - 10:00am	\$40/\$50

### WARRIOR TRAINING AND TUMBLING

Are you an athlete looking to build strength while conquering challenges and having fun? Come train on our NEW Ninja Rig. Roll, flip, swing and climb your way to become a stronger athlete. Each week will feature different obstacles and strength exercises as well as basic tumbling lessons



Age	Day	Time	Fee Res/NR
8-12yrs	Mon. & Tues. Nov. 20 & 21	12:30pm -2:00pm	\$42/\$52
8-12yrs	Wed. - Fri. Dec. 27 - Dec. 29	12:30pm -2:00pm	\$60/\$70

### Intermediate Beginner Gymnastics – Step 2

The goal of this class is to continue perfecting skills learned in Step 1 along with casts/supports on various bars, walks & balances on high beams, and advanced positions like hollow body, push ups, and bridges. More focus will be placed on strengthening and form/technique.

Suggested Prerequisite: ability to rebound 2 feet off spring-board, forward roll, cartwheel over block, wall handstand, partial kick up to handstand, ability & confidence to hold a support on a high bar and walk on a high beam, basic positions and exercises such as split position, bridge, push up, proper T-position.

# Gymnastics

## Advanced Beginner Gymnastics – Step 3

- This class is ideal for 7+yr olds with at least 6-12 consecutive sessions (1-2 years) of prior experience in Step 2 or 10+ yr olds of all abilities.
- The goal of this class is to continue perfecting skills learned in Steps 1 & 2 along with developing backward rolls, headstands, handstands, bridges, and bar skills such as the pullover, back hip circle, and various swings. 10+ yr olds with no prior experience will be introduced to basic skills & progressions.
- Approximately 50% of class time will focus on strength & flexibility.
- Suggested Prerequisite: dive roll to mat stack, cartwheel, assisted bridge kick over, backward roll, block pullover, advanced positions and exercises such as levers, tuck ups, chin up hold, hollow & superman holds.

Advanced Beginner Gymnastics Classes - Step 3	Age	Day	Time	Fall Fee Res/NR	Late fall Res/NR
Step 3	7-9yrs	Saturday	12:15pm - 1:10pm	\$80/\$92	\$69/\$80
Step 3	7-9yrs	Wednesday	6:30pm-7:25pm	\$80/\$92	\$80/\$92
Step 3	10+yrs	Saturday	12:15pm-1:10pm	\$80/\$92	\$69/\$80
Step 3	10+yrs	Thursday	5:30pm-6:25pm	\$80/\$92	\$80/\$92

## Gymnastics Advanced Classes

Register for these classes only if an instructor has invited you to do so.

Class (invite only)	Age	Day	Time	Fall Fee Res/NR	Late Fall Res/NR
Developmental Gymnastics	7-12yrs	Monday	4:00pm-5:20pm	\$72/\$83	\$84/\$96
Developmental Gymnastics	7-12yrs	Monday	6:30pm-7:50pm	\$72/\$83	\$84/\$96
Developmental Gymnastics	7-12yrs	Wednesday	5:00pm-6:20pm	\$84/\$96	\$84/\$96
Developmental Gymnastics	7-12yrs	Wednesday	6:30pm-7:50pm	\$84/\$97	\$72/\$83
Pre Developmental Gymnastics	4-6yrs	Monday	5:30pm-6:25pm	\$69/\$80	\$80/\$92

Homeschool Gymnastics	Age	Day	Time	Fall Fee Res/NR	Late fall Res/NR
Homeschool Gymnastics	5+yrs	Tuesdays	11:00am-11:55am	\$42/\$52	\$36/\$46

Class	Age	Day	Time	Fall Fee Res/NR	Late Fall Res/NR
Warrior Training & Tumbling	6-7yrs	Wednesday	4:00pm-4:40pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Wednesday	4:45pm-5:25pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Wednesday	5:30pm-6:10pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Wednesday	6:15pm-6:55pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Thursday	4:00pm-4:40pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Thursday	4:45pm-5:25pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Thursday	5:30pm-6:10pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Thursday	6:15pm-6:55pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	8-10yrs	Friday	4:00pm-4:40pm	\$73/\$83	\$52/\$62
Warrior Training & Tumbling	6-7yrs	Friday	4:45pm-5:25pm	\$73/\$83	\$52/\$62
Warrior Training & Tumbling	6-7yrs	Friday	5:45pm-6:25pm	\$73/\$83	\$52/\$62
Warrior Training & Tumbling	8-10yrs	Friday	6:30pm-7:10pm	\$73/\$83	\$52/\$62
Warrior Training & Tumbling	11+yrs	Wednesday	7:00pm-7:40pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	11+yrs	Thursday	7:00pm-7:40pm	\$73/\$83	\$73/\$83
Warrior Training & Tumbling	11+yrs	Friday	7:15pm-7:55pm	\$73/\$83	\$57/\$67
Tumbling Basics	6-12yrs	Saturday	1:15pm-2:10pm	\$80/\$92	\$69/\$80
Obstacle Course Mania	4-6 yrs	Sunday	1:00pm - 1:40pm	\$60/\$70	\$51/\$61
Obstacle Course Mania	7-9yrs	Sunday	1:45pm-2:25pm	\$60/\$70	\$51/\$61

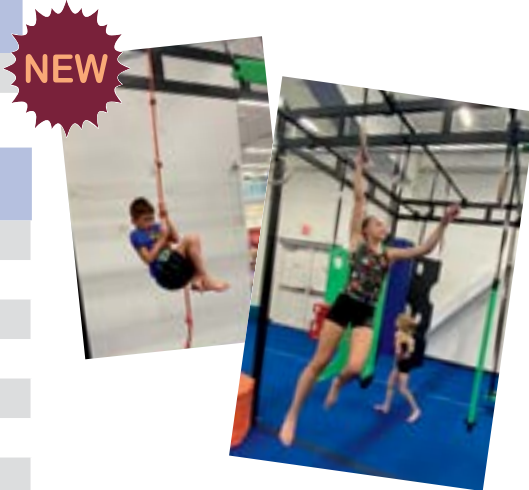
Now Available!

## Private and Semi-Private Lessons

Does your gymnast need extra time to work on a skill? Do you have a cheerleader struggling to learn the back handspring? Perhaps your child and her friend just want a lesson together, at a time convenient for you, with no distractions. Ask us about our private lessons! Once scheduled, an individualized lesson plan will be developed to help the participant achieve his/her personal goals.

Contact Jackie Kitto, Recreation Leader at (585) 444-2208, for more information or to schedule your lesson today!

Please contact Jackie Kitto for more information about our competitive National Gymnastics Association team.



## Warrior Training and Tumbling:

Are you an athlete looking to build strength while conquering challenges and having fun? Come train on our NEW Ninja Rig. Roll, flip, swing and climb your way to become a stronger athlete. Each week will feature different obstacles and strength exercises as well as basic tumbling lessons. This program is structured and instructional.

## Obstacle Course Mania:

Race your friends through fun obstacle courses. This program is supervised, but not instructional. Participants will have time on 2 different obstacle courses plus a group activity or game at the end.

# Adult Programs

## GREAT JOY YOGA BLENDED

Yoga not only creates strength and flexibility but also can help you become more aware of your own bodies position when you are moving through your life. It can help with stress, breath awareness, chronic pain and bring your body back into balance and harmony. This class is a blended class of 45 minutes of work and 45 minutes of relaxation. Student needs to bring yoga mat and slo-mo and blanket. The slo-mo can either be purchased on line or from the teacher for \$10. Instructor: Barbara Schlierf Location: Henrietta Recreation Center, Activity Room



Age	Day	Time	Fee Res/NR
18yrs & Up Session A	Tuesday Sept. 19- Nov. 7 *No program Oct. 3 and Oct. 24	6:00pm-7:30pm	\$68/\$78
18 yrs & Up Session B	Tuesday Nov. 14 - Dec. 19	6:00pm-7:30pm	\$68/\$78

## PILATES MAT

This program focuses on basic Pilates principles: core strengthening, increased flexibility and balance, breath control, proper joint movement, and correct spine alignment to improve posture. Participants will learn the basic series of exercises upon which the entire Pilates method is build. Exercise mats and balls are provided. Location: Henrietta Recreation Center, MP1

Age	Day	Time	Fee Res/NR
16yrs & Up Fall	Thursday Sept. 7- Oct. 12	5:30pm-6:30pm	\$42/\$52
16yrs & Up Late Fall	Thursday Oct. 19- Nov. 16	5:30pm-6:30pm	\$35/\$45

## OULA DANCE FITNESS CLASS

Oula celebrates the healing power of dance as part of an inclusive community where everyone is welcome. Oula merges cardio of varying intensity levels with easy to follow choreography set to an energetic pop soundtrack.

Location: Henrietta Recreation Center, Activity Room

Class	Age	Day	Time	Fee Res/NR
Session A	18yrs & Up	Monday Sept. 4 - Sept. 25	6:45pm-7:45pm	\$40/\$50
Session B	18yrs & Up	Monday Oct. 2 - Oct. 30	6:45pm - 7:45pm	\$50/\$60
Session C	18yrs & Up	Monday Nov. 6 - Nov. 27	6:45pm-7:45pm	\$40/\$50
Session D	18yrs & Up	Monday Dec. 4 - Dec. 18	6:45pm - 7:45pm	\$30/\$40

## INDOOR SOCCER FOR ADULTS

Get your exercise and have fun at the same time! This coed indoor soccer program is strictly recreational play. All skill levels are welcome. The instructor will form new teams each week. Location: Henrietta Recreation Center, Gymnasium

Age	Day	Time	Fee Res/NR
18 & up	Sunday Sept. 17-Oct. 29	10:45am-12:15pm	\$48/\$58
18 & Up	Sunday Nov. 5 - Dec. 17	10:45am -12:15pm	\$48/\$58

## TAI CHI- YANG STYLE

The objective of this program is to teach a basic 20 movement short form of Tai Chi following the principles of Grand Master William C.C. Chen. By learning the form, the student can improve balance and coordination, strengthen muscle groups, enjoy relaxation and improve breathing. Instructors will be Mike Bartnicki and Joe Hennekey from the Rochester Tai Chi Chuan Center (the RTCCC is an all-volunteer non profit educational organization). The wearing of loose comfortable clothing and soft shoes is recommended. Location: Henrietta Recreation Center

Age	Day	Time	Fee Res/NR
Adult 18 yrs & Up Fall Session	Thursday Aug. 10-Sept. 28	10:00am- 11:00am	\$65/\$75
Adult 18yrs & Up Late Fall Session	Thursday Oct. 19 - Dec. 14 * No program Nov. 23	10:00am- 11:00am	\$65/\$75

## VOLLEYBALL FOR ADULTS

This coed adult volleyball program is for those who enjoy competitive intermediate play. There is no formal instruction. Players should possess intermediate level volleyball skills. When necessary, rotation of extra players will be used. The instructor will form new teams each week.

Location: Henrietta Recreation Center, Gym

Session	Age	Day	Time	Fee Res/NR
A	Adult 18 & Up	Monday Sept. 11 - Oct. 23	7:00pm-8:30pm	\$56/\$66
B	Adult 18 & Up	Monday Oct. 30- Dec. 18 *No program Nov. 20	7:00pm-8:30pm	\$56/\$66

## PLANNING YOUR MOVEMENT

Join us for an educational session on how to create a personalized and achievable workout plan that aligns with your life. The first part of class is educational and will cover movement foundations, self-assessment, exercise programming, fueling your body, and mind-body connection. Exercises will include the 7 basic movement patterns in strength training, review cardio options, and muscle flexibility. Each participant will receive a notebook to create their individual program. This class is taught by Olivia Bethmann, a certified personal trainer. Location: Henrietta Recreation Center, Multipurpose Room 1

Age	Day	Time	Fee Res/NR
18 & up	Wednesday, Sept. 20	6:00pm - 7:30pm	\$35/\$42
18 & Up	Wednesday, Oct. 18	6:00pm - 7:30pm	\$35/\$42
18 & Up	Wednesday, Nov. 15	6:00pm - 7:30pm	\$35/\$42

## MIND-BODY BOOTCAMP

This go-your-own-pace bootcamp exercise class combines strength training with embodied movement. All equipment will be provided. All participants must wear sneakers and are encouraged to bring a water bottle. All levels and bodies welcome. This class is led by Olivia Bethmann, a certified personal trainer. Visit [www.oliviabethmann.fitness](http://www.oliviabethmann.fitness) to learn more. Location: Henrietta Recreation Center, Multipurpose Room 1

Age	Day	Time	Fee Res/NR
18 & up	Monday Sept. 11 - Oct. 2	6:00pm - 7:00pm	\$60/\$70



## Adult Programs

### BEGINNER PICKLEBALL LESSONS

Stop sitting on the sidelines and join in the fun of the fastest growing sport in the USA! After taking these four lessons, players will understand the fundamentals such as serving, returning, keeping score, and the rules and etiquette of the sport. Balls and paddles will be supplied. Please wear sneakers and athletic clothing. Instructor: Jeff Yaskow. Location: Henrietta Recreation Center

Age	Day	Time	Fee Res/NR
Adult 18 & Up	Thursday Nov. 2 - Nov. 30 *No program 11/23	8:00am-9:30am	\$43/\$53

### INTERMEDIATE PICKLEBALL LESSONS

Pickleball is one of the fastest growing sports because it provides a great way to socialize and have fun while reaping the many benefits of exercise. This four-week class is designed for participants who have played the game and are looking to improve their skills. Participants will learn the art of lobbing, dinking, game strategy, improving reaction time and enhancing other skills of the game while receiving personal critiques by the instructor.

Instructor: Jeff Yaskow. Location: Henrietta Recreation Center

Age	Day	Time	Fee Res/NR
Adult 18 & Up	Thursday Nov. 2 - Nov. 30 *No program 11/23	9:30am-11:00am	\$43/\$53

### OPEN PLAY BADMINTON DROP-IN

Welcome to the second most popularly played sport in the world - Badminton! It's a fantastic social, mental, fun, high-energy sport that folks enjoy playing together. Dress comfortably and bring an indoor racket. Location: Recreation Center, Gym 1. Drop in Fee per visit: \$7 for Resident/ \$8 for Non-Resident.

Age	Day	Time
13 & Up	Friday Sept. 8- Oct. 20	6:00pm-8:45pm
13 & Up	Friday Oct. 27 - Dec. 15 *No drop in badminton Nov. 24	6:00pm - 8:45pm

### ADULT OPEN BOCCE

This coed adult program is for those who enjoy casual play. There is no formal instruction. When necessary, rotation of extra players will be used. The referees will form new teams each week.

Location: Louis Acresti Memorial Bocce Courts located at Senior Center, 515 Calkins Road

Age	Day	Time	Fee Res/NR
18 & Up	Saturday Sept. 9- Oct. 14	12:00pm-2:00pm	\$25/\$35

### ADULT FLOOR HOCKEY LEAGUE

Come join our new Adult Floor Hockey League. Players will register individually and be drafted to a team. Players should bring their own stick (No black tape) and must have some type of protective eyewear. Location: Recreation Center, Gym

Age	Day	Time	Fee Res/NR
18 & Up	Monday Sept. 18- Dec. 4	Games at 7pm, 8pm and 9pm	\$60/\$70



## DOUBLES PICKLEBALL TOURNAMENT

Think Dink! Join us for our first pickleball tournament at the Recreation Center.

- \*8 teams
- \*Double elimination
- \*Games to 11 points, win by 2
- \*Self officiated, however referees will be present
- \*30 minute timed games
- \*2 timeouts allowed for each team during the game

Winning teams will receive 10 free Henrietta Recreation pickleball passes, a medal, and pickles!

### DOUBLES PICKLEBALL TOURNAMENT- BEGINNER

Beginner skill rating 3.4 or lower. Location: Recreation Center, Full Gym

Age	Day	Time	Fee Res/NR
18yrs+	Saturday Sept. 9	12:00pm-4:30pm	\$40 per team

### DOUBLES PICKLEBALL TOURNAMENT- ADVANCED

Advanced skill rating 3.5 and higher. Location: Recreation Center, Full Gym

Age	Day	Time	Fee Res/NR
18yrs+	Saturday Sept. 16	12:00pm-4:30pm	\$40 per team

## Special Events

October 21st

### Halloween Celebration at Tinker Nature Park

6:00pm-8:30pm \* Preschool - 6th Grade

For families with children, preschool-6th grade. Walk down "Trick or Treat" Street, visit the Pumpkin Trail, and see a Victorian Funeral scene. Enjoy cider and donuts with your friends! Register online, starting September 18th, at [henrietta-rec.org](http://henrietta-rec.org).



October 28th

### Make a Difference Day

Join us in making a difference in our community and lend a helping hand! Be Involved: Groups, service organizations, families and individuals are welcome! For more information and project assistance please call (585) 359-2540 or e-mail Anita at [atichacek@henrietta.org](mailto:atichacek@henrietta.org).



Volunteer activities from 9am -12pm at the R-H Senior High School with a pizza party at 12pm to celebrate all the completed community projects!

November 18

### Teen Night

6:30pm-8:30pm

Looking for a place to hang out with your friends? Join us at the Rec Center for a night of fun. Activities Include: ping pong, laser tag, pizza will be served, and more!



December 9th

### Holiday Lights and Magic Tree Lighting Event

5:30pm-8:00pm

Join us for our Tree Lighting Ceremony at the Henrietta Recreation Center. Tree lighting ceremony will start at 6pm. Activities will include; visit with Santa, make decorations from around the world, decorate cookies and more. Please dress appropriately for indoor/outdoor activities. Sponsored by:





# Henrietta Senior Center

[SrCenter@henrietta.org](mailto:SrCenter@henrietta.org)  
 515 Calkins Road, Henrietta NY 14467  
 (585) 334-4030  
 Hours: Monday-Friday, 9:00am-3:00pm

Senior Citizens are adults 60 years of age and their spouse of any age. Stop in and pick up a monthly calendar or visit us online at [www.henrietta.org](http://www.henrietta.org). Fitness programs, nutritious meals, and health services make us one of the best Senior Centers in the County. Our recreation activities, social programs, and travel opportunities keep us active. Join us for dancing, special events, and education programs. Daily transportation is available to and from the center. We look forward to welcoming you to our Senior Center.

## WEEKLY ACTIVITIES INCLUDE THE FOLLOWING:

\*INDICATES NOT EVERY WEEK. PLEASE CHECK SCHEDULE  
 + LUNCHESES: INSIDE DINING OR GRAB AND GO. RESERVATION IS REQUIRED.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAY
9:15 Chair Exercise	9:30 Low Impact Aerobics	9:00 Chair Exercise	9:30 Low Impact Aerobics	9:15 Chair Exercise
10:00 /11:00 Young at Heart Fitness	10:00 Crafts	10:00 /11:00 Young at Heart Fitness	*10:00 Tinker Treks	*10:00 Book Club
12:00 Lunch+	10:30 Arthritis Exercise	*11:00 Eldersource Counselor	*10:00 Billiards/Dart	*11 Standing Strong Exercise
1:00 Cards/Euchre/Hand & Foot	12:00 Lunch+	11:00 Walk in the Park	10:30 Mahjong	1:00 Bocce League/Cornhole
*Movie & Popcorn	1:00pm Cards & Scrabble	12:00 Lunch+	11:15 Tai Chi	
		1:00 Gametime/Cards	1:00 Chair Yoga	

## Lunch Club 60

Make your reservation now!  
 Monday, Tuesday & Wednesday  
 12:00pm  
 Dine inside or Grab 'N go.  
 Suggested donation \$3.50



**Register now...**  
 Defensive Driving Instruction  
 Tuesday, Oct. 10th 9am -12pm  
 Thursday, Oct. 12th 9am -12pm



Do you have concerns about falling?  
**A Matter of Balance**  
 Can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.  
*Classes forming now!*



(585) 325-2800 Eldersource can be your single source for information for advice, for advocacy and for support. Eldersource is a team of more than 20 Eldercare professionals. We can help you by providing invaluable information about services by guiding, by advocating and by being there when you need us.



## TOWN OF HENRIETTA SENIOR HOUSING FAIR AT THE HENRIETTA SENIOR CENTER

515 Calkins Road  
 Henrietta, NY 14467

Friday, September 22  
 9am - 12pm

LEARN ABOUT HOUSING OPTIONS FOR SENIORS

Representatives from Senior Housing complexes around town will be available to answer questions about current and future housing.



**Save the date!**

**Pancake Breakfast with Santa**  
 Sunday, December 3rd  
 9am

*Ticket information coming soon on this fun event!*

# Tinker Nature Park

HANSEN NATURE CENTER

1525 Calkins Rd • 359-7044 • [naturecenter@henrietta.org](mailto:naturecenter@henrietta.org)

## 2023 Events



### September 23 Honey Harvest Festival

11:00am - 2:00pm  
 It's time to harvest some honey! Enjoy live music from Mystic Stew and the Golden Eagle String Band, observe cider press demonstrations and try complimentary cider and donuts. Fresh honey will be available for purchase. Food trucks available.



### October 14 Fall Foliage Fun Run

Join us for the 2nd Annual Fall Foliage Family 1-mile Run/Walk at Tinker Nature Park! We have an 11:00am start time and a whole morning to enjoy the beautiful fall foliage of Tinker Nature Park. This year, the Fun Run lands on a partial solar eclipse. So, get your run in and stay for the eclipse viewing. The registration fee is \$25 per participant up until Oct. 7th at 11:59pm. Kids 12 and under are free with paid parents or guardian. The first 150 registrants will get a limited edition Pudge T-Shirt! <https://runsignup.com/Races>  
 All are welcome, whether you want to jog, walk, hop or get pushed in a stroller...just as long as you have a great time! Feel free to dress in your finest fall or space themed fashions. All proceeds will benefit the Coffee Connection, and the Friends of Tinker Nature Park.



### October 21 Halloween Celebration

6:00pm-8:30pm  
 For families with children, preschool-6th grade. Walk down "Trick or Treat" Street, visit the Pumpkin Trail, and see a Victorian Funeral scene. Enjoy cider and donuts with your friends! Register online, starting September 18th, at [henriettaec.org](http://henriettaec.org).



### December 1 Evening Christmas Tour

6:00pm-8:00pm  
 Enjoy the beauty of a Victorian Christmas at the Tinker Homestead. There will be lantern led tours of the Tinker Homestead highlighting Victorian Christmas Traditions. Registration is required. Registration begins Nov. 1. Maximum group size is limited to 10. Sign up for time slots by calling (585) 359-7044.



### December 2 Christmas Open House

11:00am -2:00pm  
 Tour the homestead decorated for the holidays in the Victorian tradition. At the nature center, the children will love making old fashioned ornaments and snacking on cookies and cocoa while they visit with Santa Claus. Registration is not required. We will be accepting canned goods or other non-perishable for the RH Area Food Terminal.

Please visit [henrietta.org](http://henrietta.org) and select Tinker Nature Center under the Community tab for information regarding our other classes, staff-led hikes, and more!

# HOLIDAY LIGHTS *and Magic*

**SATURDAY, DECEMBER 9TH  
5:30PM- 8:00PM**

**Activities at:  
Henrietta Library  
Henrietta Recreation Center  
Henrietta Senior Center**

*Sponsored by:*



**Activities include:**  
Visits with Santa  
A celebration of holiday traditions around the world  
Story time at the Henrietta Library  
A magic show at the Henrietta Senior Center  
Live music  
Cookie decorating  
Shop with local holiday vendors at the Recreation Center