



Webster Parks & Recreation

2026 Winter
Spring

program guide



Programs from
January 2nd through
April 30th!



the 2026
WEBSTER PARKS & RECREATION

Event Calendar

JANUARY
DATE & TIME TBD

BUFFALO BILLS HYPE PARTY

WEBSTER PARKS & RECREATION CENTER GYM | 1350 CHIYODA DRIVE | WEBSTER NY 14580
COME GET HYPED FOR PLAYOFFS AS WE CHEER ON THE BUFFALO BILLS & SUPPORT WEBSTER HOPE HOUSE • FREE & OPEN TO THE COMMUNITY

MONDAY - FRIDAY
FEBRUARY 2-6
ALL DAY

SUMMER CAMP KICK-OFF WEEK

GET PUMPED FOR SUMMER CAMP WITH OUR NEW REGISTRATION DATE, ALONG WITH CONTESTS & FUN PROMOTIONS !
WEBSTER PARKS & RECREATION CENTER | 1350 CHIYODA DRIVE | WEBSTER NY 14580

SATURDAY
MARCH 7
6:00-7:30 PM

BEAT THE WINTER BLUES

FEATURING INDOOR LAWN GAMES, FAMILY FRIENDLY COMPETITION, AND FUN TO CHASE AWAY THE CHILL! • FREE & OPEN TO THE COMMUNITY
WEBSTER PARKS & RECREATION CENTER GYM | 1350 CHIYODA DRIVE | WEBSTER NY 14580

FRIDAY
APRIL 17
5:30-7:00 PM

SINGO BINGO FOR OUR 55+ FRIENDS

SIMPLY LISTEN TO MUSIC SAMPLES, MATCH THE SONGS TO THE TITLES ON YOUR BINGO CARD! REGISTRATION REQUIRED FOR \$3/PP
WEBSTER PARKS & RECREATION CENTER MP ROOMS | 1350 CHIYODA DRIVE | WEBSTER NY 14580

SATURDAY
MAY 9
TIME TBD

2ND ANNUAL HELPING HEROES CLEAN UP DAY

VOLUNTEER AND HELP WITH YARD CLEAN UP FOR PEOPLE IN NEED OF ASSISTANCE OR SIGN SOMEONE UP TO GET THEIR YARD CLEANED!
VARIOUS HOMES AROUND WEBSTER, NEW YORK

WEDNESDAY
MAY 27
TIME TBD

NATIONAL SENIOR HEALTH & FITNESS DAY

ENJOY INFORMATIONAL SESSIONS, EXERCISE CLASSES AND SAMPLES FROM HEALTH VENDORS • FREE & OPEN TO THE COMMUNITY
WEBSTER PARKS & RECREATION CENTER | 1350 CHIYODA DRIVE | WEBSTER NY 14580

SATURDAYS
JUNE 6 - SEPT 12
9:00 AM

SWEATING AT SANDBAR PARK SERIES

DIFFERENT OUTDOOR FITNESS CLASSES THROUGHOUT THE SUMMER • FREE & OPEN TO THE COMMUNITY
SANDBAR PARK | 304 LAKE ROAD | WEBSTER, NY 14580

SATURDAY
JUNE 13
4:00-10:00 PM

SUMMER CELEBRATION

KIDS ACTIVITIES • LIVE MUSIC WITH ZBTB & DR. JEM • FOOD TRUCKS • FIREWORKS • FREE & OPEN TO THE COMMUNITY
OUTDOORS AT WEBSTER PARKS & RECREATION CENTER | 1350 CHIYODA DRIVE | WEBSTER NY 14580

FRIDAY
JULY 17
7:00-9:00 PM

A SWEET SUNSET SOCIAL

ENJOY NATIONAL ICE CREAM MONTH WHILE WATCHING THE SUNSET OVER THE LAKE • FREE & OPEN TO THE COMMUNITY
SANDBAR PARK | 304 LAKE ROAD | WEBSTER, NY 14580

FRIDAY
AUGUST 21
6:00-8:00 PM

SO LONG, SUMMER!

DON'T BE SAD THAT SUMMER IS OVER, BE HAPPY THAT IT HAPPENED! FOOD, KIDS ENTERTAINMENT & FUN! • FREE & OPEN TO THE COMMUNITY
MIRACLE FIELD | 1000 RIDGE ROAD | WEBSTER NY 14580

SATURDAY
SEPTEMBER 19
TIME TBD

MUD RUN

RUN THROUGH THE MUD, GET DIRTY AND HAVE THE BEST TIME EVER WITH YOUR FAMILY & FRIENDS • REGISTRATION REQUIRED
OUTDOORS AT WEBSTER PARKS & RECREATION CENTER | 1350 CHIYODA DRIVE | WEBSTER NY 14580

SATURDAY
OCTOBER 24
7:00-8:30 PM

PUMPKINS ON PARADE

A MILE LONG PATH OF CARVED PUMPKINS FROM THE COMMUNITY! HAY MAZE, CIDER & DONUTS AND MORE FUN! • FREE & OPEN TO THE COMMUNITY
OUTDOORS AT WEBSTER PARKS & RECREATION CENTER | 1350 CHIYODA DRIVE | WEBSTER NY 14580

MONTH OF
NOVEMBER

MEMBERSHIP APPRECIATION MONTH

WE AREN'T US WITHOUT YOU! COME CELEBRATE OUR FITNESS MEMBERS WITH SWAG SALES & FUN PROMOTIONS!
WEBSTER PARKS & RECREATION CENTER | 1350 CHIYODA DRIVE | WEBSTER NY 14580

SATURDAY
DECEMBER 12
1:00-3:00 PM

AN AFTERNOON WITH SANTA

MEET SANTA, DANCE, AND ENJOY SWEET TREATS TO PREPARE FOR THE HOLIDAY SEASON • FREE & OPEN TO THE COMMUNITY
WEBSTER PARKS & RECREATION CENTER | 1350 CHIYODA DRIVE | WEBSTER NY 14580

**ALL EVENTS & DETAILS SUBJECT TO CHANGE. FOR UPDATES, AS THEY BECOME AVAILABLE,
VISIT US AT AT: WEBSTERNY.GOV/702/PARKS-RECREATION**



Table of Content

Upcoming Events in 2026	2
Preschool	4-5
Youth	5-9
Summer Camps	6
Family	10-11
Lego Family Show Down	10
Beat the WInter Blues	11
Adults	12-22
Pickleball Schedule/Info	14
Group Fitness Schedule	23-24
Membership Information	25
Parks, Open Space & Lodges	26

Check our Website frequently as we are always adding new programs and family events @ websterny.gov/702/Parks-Recreation

Thank you to our sponsors



General Information

1350 Chiyoda Drive | Webster, NY 14580

(585) 872-7103

websterny.gov/702/Parks-Recreation

Office Hours:

Monday - Friday 8am - 10pm
Saturday 8am - 9pm
Sunday 8am - 6pm

We will be closed for the following Holidays:

January 1st
April 5th

We will be closing at 5pm
April 3rd
April 4th

Registration Information

*Resident and Premier Members registration begins Monday, December 1st.

(A resident is anyone who pays a tax bill to the Town of Webster)

*Non-residents registration begins Monday, December 8th

Please note: we recommend you **REGISTER EARLY!**
If a class does not meet its minimum enrollment requirement 5 days prior to start date, we reserve the right to cancel the class.

How to Register

1. Visiting our website @ [https://www.websterny.gov/702/Parks-Recreation](http://www.websterny.gov/702/Parks-Recreation)



2. Calling us (585) 872-7103 option 0

3. Visiting us: 1350 Chiyoda Drive
Webster, NY 14580

PRESCHOOL

Come and Play

Fee: \$10 per child

Ages: 1 – 5 years old

Is your little one ready to test those new walking and running skills? Join us for this unstructured open gym time. Children will get to play with our fun toys. A parent/guardian must accompany and supervise their child. Sneakers are required for both adults and children.

111001-A 1/6-4/28 Tu,F 9-11:45am
(No Program: 2/17, 2/20, 3/31, 4/3)

Preschool Prom

Instructor: Recreation Staff

Fee: \$10, parent/child register child, Ages: 3 – 7 years old

Get all dressed up and come to the Parks and Recreation Preschool Prom! Enjoy dancing and dining (snack) with all the other little kings and queens. Dress your best and bring a smile!

112001-A 2/7 Sa 6-7:15pm

Pony Lessons

Instructor: Neysha Parulski

Fee: \$40

Ages: 2 – 5 years old

Locations: Little Dude Ranch, 1624 Fisher Road 14589

Pony lessons include meet and greet, grooming, saddled lesson and or short ride on trails. All classes are parent participation. Requirements: your own helmet (bike helmet ok), no open-toed shoes this includes the parents. An apple or carrot to feed pony after class is complete.

111903-A 1/21 W 5-6pm
111903-B 2/25 W 5-6pm
111903-C 3/25 W 5-6pm
111903-D 4/22 W 5-6pm

Romper Room Pony Riding Class

Instructor: Neysha Parulski

Fee: \$40

Ages: 2 – 5 years old

Locations: Little Dude Ranch, 1624 Fisher Road 14589

In this Romper Room Riding Class, children will learn to ride ponies while also learning their left from right, colors, numbers and letter recognition through fun riding games in a heated indoor facility. Preschoolers will also feed and care for the ponies. Parent participation is required so please be prepared to assist your child. This is a parent/child class, register child only.

111904-A 1/9 F 11am-12pm
111904-B 2/13 F 11am-12pm
111904-C 3/13 F 11am-12pm
111904-D 4/10 F 11am-12pm

Early Childhood Music Class

Instructor: Kay Montante

Fee: \$13, register child only Ages: 4 years and younger

This is a wonderful program for infants and toddlers and their caregivers! Come bring your little ones to participate in musical activities as we sing songs, chant rhymes, move and dance, and listen to all of the sounds! This is a parent/child class but please register only.

113004-A 1/6 Tu 9-9:45am
113004-B 2/3 Tu 9-9:45am
113004-C 3/3 Tu 9-9:45am
113004-D 4/7 Tu 9-9:45am

Preschool Adventures

Instructor: Sherry Murray

Fee: \$58, parent/child class Ages: 2 – 5 years old

Preschool Adventures is a stress-free way to introduce children to the preschool experience. Children and their guardians will rotate through 4-5 tables which have age-appropriate crafts and activities. This is a great time for children to practice the skill of following directions, active listening, taking turns/sharing, and proper use of classroom materials as well as identifying colors, numbers, and shapes. Every class has a theme with open-ended and creative activities. We close with a large motor activity and goodbye song.

Session A themes: Going on a Bear Hunt, Celebrate Winter, Music Time, and Five Senses

112003-A 1/15-2/5 Th 10-11am

Session B themes: Strega Nona, Dr. Seuss, Mouse Paint, and Something Good

112003-B 2/26-3/19 Th 10-11am

Session C themes: Spring, Space, Are You My Mother?, and Water Science Themes are: Going on a Bear Hunt, Celebrate Winter, Music Time, and Five Senses

112003-C 4/9-4/30 Th 10-11am

Preschool Adventures - Valentine's Day

Instructor: Sherry Murray

Fee: \$16, parent/child class Ages: 2 – 6 years old

We will read "Valentine's Day" and decorate our own mail in the "post office". We'll experiment with fuzzy love potion, create a mailbox and a sun catcher. Please bring 8 simple Valentines (no toys or candy) to exchange with friends..

112013-A 2/12 Th 10-11am

Baskets and Bunnies

Instructor: Sherry Murray

Fee: \$20, parent/child class Ages: 2 – 5 years old

Let's celebrate the season together! We will experiment with four different ways to color eggs, and create a cute basket to carry them home in. Everyone will listen to a story and have a hopping good time!

112201-A 3/26 Th 10-11am

Roc City - Bach to Rock

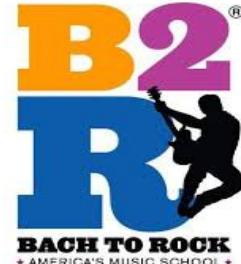
Instructor: Bach to Rock Instructors

Fee: \$50 Ages: 3 – 6 years old

Rock City gives kids the chance to explore instruments at an early age. Our preschool music classes use the power of storytelling to teach musical concepts to kids 3-6 years old. At the same time, students get to explore instruments like the chimes and recorder!

123900-A 1/8-1/29 Th 9-9:45am

123900-B 2/26-3/19 Th 9-9:45am



PRESCHOOL/YOUTH

Terrific 2's - 3's

Instructor: Cyndi Lovejoy

Fee: \$42

Enjoy music, games, colorful equipment, interactive stories, and even yoga. This class will engage child and caregiver. This is a parent/child class, register child only.

113212-A 1/24-2/14 Sa 9:30-10:15am
113212-B 3/4-3/25 W 9:30-10:15am

Ages: 2 – 3 years old

Mats, Music and More

Instructor: Cyndi Lovejoy

Fee: \$42

Encourage learning through play and spending time with mom, dad or special adult! This class includes music, stretching, large motor-activities and colorful equipment.

113205-A 1/24-2/14 Sa 10:20-11:05am
113205-B 3/4-3/25 W 10:20-11:05am

Ages: 3 – 4 years old

ABC Sports

Instructor: Cyndi Lovejoy

Fee: \$42

This is a great start for any little athlete to get the “ball” rolling. In this class we will work on throwing, rolling, kicking, catching, jumping, and hand eye coordination which will help with self-confidence and body awareness. We will also work on strength, flexibility, agility, and healthy lifestyle.

113206-A 2/24-3/17 Tu 10-10:45am 3-4 years old
113206-B 4/9-4/30 Th 5:15-6pm 4-5 years old
113206-C 4/9-4/30 Th 6:05-6:50pm 3-4 years old

Ages: 3-4 years old

Mini Ninja Warrior

Instructor: Cyndi Lovejoy

Fee: \$42

This class was created to give kids an exciting approach to fitness as they work on strength, flexibility, conditioning, coordination and problem solving. They will work with colorful equipment, conquer obstacle courses, and play fun games.

113210-A 1/6-1/27 Tu 10-10:45am 3-4 years old
113210-C 3/2-3/23 M 5:15-6pm 3-4 years old
113210-D 3/2-3/23 M 6:05-6:50pm 4-5 years old

Ages: 3-4 years old

Basic Sign Language

Instructor: Amy Stornello

Fee: \$60

Learn ASL from a fluent ASL user who works at RIT/NTID. Each week, there will be themed ASL signs as well as acquiring finger spelling skills. Conversations and Q&A's about the deaf/hard of hearing community/culture will be had! No prior experience needed, and this class is for families of all ages to learn together.

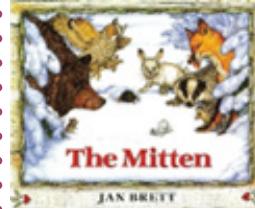
104800-A 1/28-3/11 W 6:15-7pm
(No Program: 2/18)

Ages: 5+

Crafts, Cooks and Books

Fee: 15, parent child class Ages: 3 – 5 years old

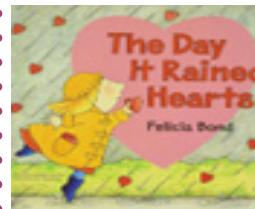
Our unique, Crafts, Cooks and Books program combines three of your child's favorite things: stories, crafts, and food! We will read a story and make a snack and craft to correspond with our story.



Session A:

The Mitten by Jan Brett- Is a story about adorable animals that find a mitten and crawl inside to stay out of the cold.

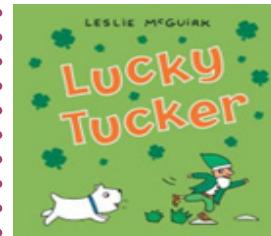
122014-A 1/12 M 9:30-10:30am



Session B:

The Day It Rained Hearts by Felicia Bond - A delightful story about a girl who catches hearts in the rain and uses them to make valentines for her animal friends, teaching creativity and thoughtfulness.

122014-B 2/9 M 9:30-10:30am



Session C:

Lucky Tucker by Leslie McGuirk - A cute story about Lucky Tucker, a dog who has a lucky day on St. Patrick's Day, including rolling in a bed of four-leaf clovers, catching an ice cream scoop, and getting new toys.

122014-C 3/9 M 9:30-10:30am



Session D:

Fletcher and the Springtime Blossom by Julia Rawlinson - Fletcher and his friends discover a magical spring with blossoms instead of snow and have a fun-filled adventure.

122014-D4/13 M 9:30-10:30am

SUMMER CAMP 2026!

NEW REGISTRATION DATE:
FEBRUARY 2, 2026



SUMMER CAMP 2026!

NEW REGISTRATION DATE:
FEBRUARY 2, 2026

Join Webster Parks & Recreation for a summer of ultimate adventures for your preschooler all the way up to your middle schooler! Special visitors, field trips, playgrounds, splash parks and more— it's time to make memories that last a lifetime



PRESCHOOL CAMP

Games, Crafts, Music, Outdoor Play and more at the Liberty Lodge! This camp welcomes kids ages 3-5 who have not entered Kindergarten & who are fully potty trained for a short day of fun activities!



PLAYGROUND CAMP

A safe, fun, and active camp for ages 5-9. Each day we will be using the playground & playing games on the enclosed turf field at Miracle Field, hike & play water games and lead exciting activities!



K-5 DAY CAMP

For kids in grades K-5 a full day of camp at 2 site locations options! Come to enjoy a variety of outdoor activities and meet new friends! Campers must bring a snack, lunch, water bottle, and wear sneakers and sunscreen every day.



TRIP CAMP

Each Monday-Thursday 4-day weekly session includes a variety of exciting destinations for kids in grades 5 through 8! All admission fees and transportation are included in the weekly rate.

Visit Us

websterny.gov/212/Summer-Camps



Contact Us

585-872-7103



Follow Us

@websterrecreation



YOUTH



Instructor: Sean Maxwell

Location: Sessions A & B Webster Recreation Center
Session C: Ridge Park/Kent Park

Fee: Sessions A & B \$120
Session C: \$140

Soccer Shots - Mini

Ages: 2 year olds

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles using games, songs, and positive reinforcement. Children will begin to experience the joy of playing soccer and being active. This is a Parent/Child program, please register the child only.

124311-A	1/10-2/14	Sa	9:45-10:15am
124311-B	2/26-4/2	Th	4:40-5:10pm
124311-C	4/14-6/2	Tu	4:40-5:10pm

Soccer Shots - Classic

Ages: 3 – 4 years old

Soccer Shots Classic utilizes creative and imaginative games to 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.

124312-A	1/10-2/14	Sa	10:20-11:05am
124312-B	2/26-4/2	Th	5:15-6pm
124312-C	4/14-6/2	Tu	5:15-6pm

Soccer Shots 5-7 yr olds-Premier

Ages: 5 – 7 years old

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship while providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.

124313-A	1/10-2/14	Sa	11:10-11:55am
124313-B	2/26-4/2	Th	6:05-6:50pm
124313-C	4/14-6/2	Tu	6:05-6:50pm

SUMMER CAMP 2026!

**NEW REGISTRATION DATE:
FEBRUARY 2, 2026**



Youth Volleyball

Instructors: Tracy Baker, Dan Crowley & Jessica Steinorth
Fee: \$85



Volleyball Little Volleys

Grades: 3rd – 5th

- Perfect for beginners and players with up to 2 years of experience.
- This program introduces young athletes to the fundamentals of volleyball in a fun and supportive environment. Players will learn the basics of passing, setting, hitting, and serving while developing coordination, teamwork, and confidence on the court. Coaches use engaging drills and mini games to build ball control and help players practice serving from the 10-foot line to half court.
- The focus is on learning proper technique, staying active, and having fun while discovering the excitement of volleyball! Focus areas: Volleyball fundamentals (pass, set, hit, serve) Ball control and coordination Serving technique from 10' line to mid-court Teamwork and confidence-building

• 124537-A 1/3-1/31 Sa 12-1:30pm

• (No Program: 1/10)

• 124537-B 2/7-2/28 Sa 12:10-1:40pm

• 124537-C 3/7-3/28 Sa 12-1:30pm

• 124537-D 4/4-4/25 Sa 12-1:30pm

Volleyball Junior Aces

Grades: 5th – 7th

- Designed for players with 2 or more years of volleyball experience who are ready to sharpen their skills and take on more advanced challenges. Athletes in this group have a solid foundation in ball control and are working toward consistent serving from near or behind the endline. Sessions emphasize improving passing accuracy, setting consistency, hitting approach and timing while introducing defensive movement and game strategy. Through focused drills and gameplay, players will continue developing confidence, court awareness, and a competitive mindset — all while keeping the fun and team spirit at the heart of every practice. Focus areas: Consistent overhand serving from or behind the endline, advanced ball control and rally play, offensive and defensive positioning, and game awareness and teamwork.
- 124536-A 1/3-1/31 Sa 1:45-3:15pm
- (No Program: 1/10)
- 124536-B 2/7-2/28 Sa 1:45-3:15pm
- 124536-C 3/7-3/28 Sa 1:45-3:15pm
- 124536-D 4/4-4/25 Sa 1:45-3:15pm

Volleyball Court Crushers

Grades 8th – 9th

- Designed for experienced players who have competed on a modified level team or above and are looking to advance their game-play IQ. Athletes in this program can serve consistently from behind the endline and are eager to refine their skills in specific positions. Training emphasizes game play strategy, reading the court, and anticipating ball movement through high-repetition drills and competitive play. Players will work on positional awareness, offensive and defensive transitions, and effective communication while continuing to develop confidence in all aspects of their game.

• Focus areas:

- Multi-position skill development and rotation awareness
- Game strategy and decision-making
- Reading players and anticipating ball location
- Competitive game play and advanced drills
- Leadership, communication, and team dynamics.

• 124538-A 1/6-1/27 Tu 6-7:30pm

• 124538-B 2/3-2/24 Tu 6-7:30pm

• 124538-C 3/3-3/24 Tu 6-7:30pm

• 124538-D 4/7-4/28 Tu 6-7:30pm

YOUTH

Basketball Development

Instructor: Tim O'Brien

Fee: \$45

This program will offer a fun time for learning and improving basketball skills for both boys and girls. Different drills and games will be played but the main focus of this program will be working on the fundamentals of basketball with an intro to game play for the older participants. Please bring a water bottle, dry sneakers to play in, and your own basketball.

124007-A 3/1-3/22 Su 1-2pm Grades K-2nd
124007-B 3/1-3/22 Su 2:15-3:15pm Grades 3rd-5th

Beginner Field Hockey

Instructor: Recreation Staff

Fee: \$40

This beginner program is designed for players in grades 3-6 who are new to the sport or looking to improve their basic skills. Participants will focus on developing proper stick handling, passing, shooting, positioning, and game awareness through fun drills and small-sided games. Our goal is to help young athletes gain confidence, learn correct techniques, and prepare for the next level — including modified field hockey. No experience necessary — just bring your energy and enthusiasm! Sticks are included but bring your own if you have one!

124902-A 1/30-2/27 F 5-6pm Grades 3rd-4th
(No program 2/20)
124902-B 2/6-2/27 F 6-7pm Grades 5th-6th
(No program 2/20)
124902-C 3/6-3/27 F 5-6pm Grades 3rd-4th
124902-D 3/6-3/27 F 6-7pm Grades 5th-6th

Horseback Riding

Instructor: Janet Zimmer

Fee: \$195

Ages: 5 – 16 years old

Location: Hillrise Equestrian,

1624 Walworth Penfield Rd 14568

Certified riding instructors will teach students how to ride and proper horsemanship skills. This is the perfect educational and fun program for the horse lover in your family. Riding is great for physical and mental health. We have an indoor riding ring for inclement weather. Long pants and boots or shoes with 1/2" heel required. Helmets will be provided.

114903-A 1/5-2/2 M 6-7pm
(No Program: 1/19)
114903-B 1/8-1/29 Th 6-7pm
114903-C 3/2-3/23 M 6-7pm
114903-D 3/5-3/26 Th 6-7pm
114903-E 4/6-4/27 M 6-7pm
114903-F 4/9-4/30 Th 6-7pm

Irish Dance

Instructor: Kate Jamieson

Fee: \$65

Ages: 5 – 10 years old

Location: Jamieson Irish Dance 696 Ridge Rd 14580

This class is run by certified instructors that help build character, confidence +strength while experiencing the artistry + joy of Irish Dance!

123001-A 2/2-3/2 M 5:45-6:30pm
(No Program: 2/16)

The Land of Make Believe

Instructor: Joey Cantatore, Recreation Staff

Fee: \$45

Ages: 7 – 14 years old

This program combines creative drama and the use of the imagination to provide children with a safe space to develop confidence, creativity, and have fun. Participants will have the chance to act out an original play and learn what it is like to be in a show! BRAVO!

121013-A 1/7-2/25 W 6-7:30pm
121013-B 3/4-4/22 W 6-7:30pm

From Page to Stage

Instructor: Joey Cantatore, Recreation Staff

Fee: \$35

Ages: 15 – 21 years old

This program is split into two sessions. It is recommended participants register for both sessions. Session I will explore the creative writing process and participants will work on creating a small play. Session II participants will bring the story to life by translating the play to the stage!

130001-A 1/7-2/25 W 7:30-8:45pm
130001-B 3/4-4/22 W 7:30-8:45pm

School Break Camps

Instructor: Recreation Staff

Session A: \$185, Session B: \$215

Grades: K – 5th

- Have your kids spend their School Breaks at the Recreation Center playing games, making crafts, playing in the gym and more. These break camps will provide a safe, fun, and active program for children in grades K-5. Drop off is any time after 8am and pickup is before 5pm. Children must bring lunch, snacks, water bottle, and wear sneakers every day.

121006-A 2/17-2/20 Tu-F 8am-5pm
121006-B 3/30-4/3 M-F 8am-5pm

Daycation Camp

Instructor: Recreation Staff

Fee: \$50

Grades: K – 5th

- Have your kids spend the day at the recreation center playing games, making crafts and playing in the gym and more. We will provide a safe, fun and active program for children in grades K-5. Drop off is any time after 8am and pickup is before 5pm. Children must bring lunch, snacks, water bottle and wear sneakers.

121008-A 1/23 F 8am-5pm

Conference Day Camps

Instructor: Recreation Staff

Fee: \$40

Grades: K – 5th

- Parents...we know your kids have FOUR half days...so send them here! Join us for a fun half days at the Rec Center! We will have quiet homework areas, play games, do crafts and MORE! This is for students grades K-5 and each student should bring their OWN lunch and snack each day. Register for one day...or all 4!

121002-A 3/19 Th 10am-5pm
121002-B 3/20 F 10am-5pm
121002-C 3/26 Th 10am-5pm
121002-D 3/27 F 10am-5pm

YOUTH

Homeschool Chorus

Instructor: Kay Montante

Fee: \$47
old

Ages: 6 – 13 years

Calling all students who love to sing! Come join the homeschool chorus where we will learn engaging-technique based vocal warm-ups and a variety of song repertoire to perform together as a group. No experience required just enthusiasm for music!

124019-A 1/6-2/10 Tu 10-10:45am
124019-B 2/24-4/7 Tu 10-10:45am
(No program 3/31)

Homeschool Theatre

Instructor: Claire Ditkowsky

Fee: \$47

Ages: 6 – 13 years old

This fun and imaginative class introduces young performers to theater through creative movement, storytelling, role-play, and basic stage skills. Students will explore characters, emotions, and scenes using fun theater games and age-appropriate scripts.

123999-A 1/6-2/10 Tu 11-11:45am
123999-B 2/24-4/7 Tu 11-11:45am
(No program 3/31)

Homeschool Art

Instructor: Laurie Riga

Fee: \$53

Ages: 7 – 12 years old

In this class students will learn how to express themselves and use their imaginations through fun and creative projects. They will work with different mediums like crayons, paint, and markers. Along with ways to learn about art elements and famous artists.

Students need to bring a 12 pack of colored pencils, 10 classic color markers, and a glue stick.

124013-A 1/6-2/10 Tu 12-12:45pm
124013-B 2/24-4/7 Tu 12-12:45pm
(No program 3/31)

First Aid for Kids

Instructor: Staff of Epic Training

Fee: \$37

Ages: 8 – 13 years old

This course teaches 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 schools today such as food allergies, diabetes, seizures and asthma. This course meets requirements for several boy/girl scout badges.

126200-A 2/19 Th 8:30-10am
126200-B 4/6 M 8:30-10am

Home Alone Safety

Instructor: Staff of Epic Training

Fee: \$43

Ages: 8 – 13 years old

This class is designed to teach children 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 and your child.

126202-A 2/19 Th 10-11:30am
126202-B 4/6 M 10-11:30am

Homeschool PE

Instructor: Deb Mitchell, Recreation Staff

Fee: \$27

Ages: 6 – 14 years old

In this class, we will be working on movement, coordination, balance, teamwork and problem solving through fitness, motor skills, interactive play, cooperative games and sports. Please come dressed appropriately for physical activity, wear sneakers and be ready to have fun!

124005-A 1/8-2/12 Th 10-10:45am
124005-B 2/26-4/23 Th 10-10:45am
(No program: 3/19, 3/26, 4/2)

M.U.S.E - Bach to Rock

Instructor: Bach to Rock Instructors

Fee: \$50

Ages: 7 – 17 years old

The M.U.S.E program offers a structured curriculum delivered in small groups where students develop their abilities in guitar, piano, voice, and beat making. Through focused instruction and collaborative exercises, students build a strong foundation in each area while benefiting from the support and feedback of peers.

123902-A 1/8-1/29 Th 11-11:45am
123902-B 2/26-3/19 Th 11-11:45am

Homeschool STEM class

Instructor: Megan Allococo-Angell

Fee: \$80

Ages: 6 – 12 years old

This is a literacy STEM class for homeschooled Students will work together and participate in various literacy themed challenges using age appropriate literacy, science, technology, engineering, math, and critical thinking skills!

124015-A 1/8-2/12 Th 12-12:45pm

Homeschool Sign Language

Instructor: Amy Stornello

Fee: \$60

Ages: 6 – 13 years old

Learn ASL from a fluent ASL user who works at RIT/NTID. Fun signs will be taught as well as finger spelling and deaf culture basics.

123903-A 2/26-4/23 Th 12-12:45pm
(No Program: 3/19, 3/26, 4/2)



Babysitting Training

Instructor: Staff of Epic Training

Fee: \$69

Ages: 11 – 15 years old

This class is taught through classroom discussion, instructor led lecture and supplemented by an interactive video presentation. Students will learn the roles and responsibilities of a Babysitter including Ages & Stages, accident prevention, First Aid, and care for choking victims. Students receive a certification card upon completion within 2-3 weeks. Participants are asked to bring a peanut free bagged lunch and beverage to class.

126201-A 2/19 Th 12-4pm
126201-B 4/6 M 12-4pm

FAMILY

Parents Night Out

Instructor: Recreation Staff

Fee: \$25 first child, \$15 each additional child

Need a night out? Our staff will babysit your children while you head out for the night. We welcome kids 3.5-12 years of age (must be potty trained) and plan to keep them busy in our game room, gym, and craft room. Pizza will be provided for dinner, if you child does not like pizza, please bring something for them to eat. Children must be signed in between 5:00 pm and 5:30 pm and must be picked up no later than 9:00 pm. You will receive a \$10.00 discount for two or more children per session.

101004-A	1/17	Sa	5-9pm
101004-B	2/14	Sa	5-9pm
101004-C	3/21	Sa	5-9pm

Basic Sign Language

Instructor: Amy Stornello

Fee: \$60

Learn ASL from a fluent ASL user who works at RIT/NTID. Each week, there will be themed ASL signs as well as acquiring finger spelling skills. Conversations and Q&A's about the deaf/hard of hearing community/culture will be had! No prior experience needed, and this class is for families of all ages to learn together.

104800-A	1/28-3/11	W	6:15-7pm
(No Program:	2/18)		

Ages: 5+

Karate

Instructor: Matthew McSain

Fee: 1x a week individual \$40, Family \$60

2x a week individual \$60, Family \$80

Ages: 5+

This program is for adults and children 5 years and older. Students will be introduced to traditional Martial Arts and American Freestyle Karate. Emphasis is on physical and aerobic conditioning technique, forms, free sparring, practical self-defense, and sport karate. Students learn discipline, respect, and good sportsmanship. Ranks are based on established testing standards and awards based on student's effort. Parent participation and/or attendance is required for children 5 - 7 years old.

PLEASE NOTE: those registering for just one day per week must decide between Monday or Wednesday and attend only on that chosen day. Family rates are automatically calculated when registering on our website.

104501-A	1/5-2/23	M	6:45-9pm
104501-B	1/7-2/25	W	6:45-9pm
104501-C	1/5-2/25	M,W	6:45-9pm
104501-D	3/2-4/27	M	6:45-9pm
104501-E	3/4-4/29	W	6:45-9pm
104501-F	3/2-4/29	M,W	6:45-9pm

Candy Bar Bingo

Fee: One Candy Bar per person

Ages: 3+

B-4, I-25, N-32, G-56, O-74? BINGO, only with a twist! You will win candy bars; what could be better? We will be playing BINGO and enjoy playing crazy games to keep everyone on their toes. Register each family member and your FEE is for each person to bring a candy bar. This event will be tons of fun for all ages!

101201-A	1/30	F	6-7pm
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LEGO

Family Show Down

Get ready to build! In this family-friendly competition, teams will race against the clock. Each family will have a max of 2 hours to free build anything they like. There are no restrictions or themes, and each family's creation will be a reflection of their imagination and skills. Each creation will be on display for a week at the Webster Recreation Center for the community to vote on a winner. Once the voting has completed you are welcome to pick up your families creation.

Light snacks and refreshments will be provided.

**Friday, February 27, 2026
6:30-8:30 PM**

**Program #101203-A
\$20 per family (register adult only)**



Beat the Winter Blues



Come chase away the chill...

Saturday, March 7, 2026

6:00-7:30 PM

1350 Chiyoda Drive • Webster, NY 14580

This great family friendly event will feature indoor lawn games, competition, energy busting activities, music and FUN! Free & Open to the Community No Registration Required!

More Information visit: websterny.gov/702/Parks-Recreation



ADULT

Weight Loss Program

Instructor: Mark Strivings

Fee: \$60, Premier Members, FREE

Ages: 18

This Weight Loss Program will put you on the path to sustainable weight loss through the application of proven strategies & practical tools in a supportive environment. The one hour sessions are designed for group discussions (not lecture format) for adults 18 and older. This program is for general health purposes only and not for those with specific medical conditions or special nutritional needs. Nutrition guidance is for educational purposes only and not a substitute for advice from a registered dietician.

137029-A 1/7-3/25 W 6:30-7:30pm

Women's Self Defense

Instructor: Kuk Soon Won

Fee: \$20

Women's Self Defense is for all women age 13 and up. You will learn striking, pressure points and joint locks as well as strategies for staying safe. The program is open to all fitness abilities and will teach you simple and powerful techniques so you can feel confident about protecting yourself and help you avoid unsafe situations whenever possible. Women's Self Defense is offered by Kuk Sool Won of Ontario under the instruction of Master Jason Lee. All funds collected for these Women's Self Defense classes are donated to the Webster Community Chest Women's Empowerment Programs.

136803-A 1/15-4/23 Every other Thurs 6:15-7:15pm
Beginning 1/15

CAFES: Creative Amazing Friendship

Empowerment & Support

Fee: FREE

Ages: 18+

CAFES is an opportunity for women to build community through simple crafts. ALL women are invited to participate. No registration is required but please send an email to webcommchest@gmail.com to let us know you would like to attend. This helps us to make sure we have enough supplies for all participants. Past activities have included card making, crochet, jewelry making, diamond painting, scrapbooking, rock painting & watercolor. Future activities include art journaling, painting, diamond painting, paper crafting, home decor and more. CAFES is every other week on Thursdays. Be a Guest Artist! Any crafters or artists are welcome to lead an activity as a Guest Artist. Send us an email at webcommchest@gmail.com to schedule. CAFES will be every other week on Thursday. CAFES will be every other Thursdays starting 1/8.

136804-A 1/8-4/30 Every other Thur 6-7:30pm
Beginning 1/8

Yoga For Everyday Life

Instructor: Marjana Ababovic

Fee: \$66

Ages: 18+

In a peaceful setting of Liberty Lodge, Yoga for Everyday Life offers a wide range of stretching practices and mindful movement to help you improve your mobility and health. With the focus on proper alignment, you will be encouraged to move at your own pace and learn what works best for your body. The class is open to all - from beginners to experienced practitioners. Please enroll early. Your teacher is Marjana Ababovic, with 20 years of experience teaching yoga. She is certified as a 500-hour teacher through Yoga Alliance, Yoga Teacher for Osteoporosis and Arthritis with Dr. L. Fishman and a Mindfulness and Meditation Teacher through UC-Berkeley with Jack Kornfield and Tara Brach. Please bring a yoga mat, two blocks and a yoga strap.

137200-A 1/6-2/10 Tu 5:45-7:10pm
137200-B 2/24-3/31 Tu 5:45-7:10pm
137200-C 4/7-5/12 Tu 5:45-7:10pm

SUN Tai Chi for Health-Advanced

Instructor: Donna Evevsky

Fee: \$84, Premier Members \$63

Ages: 18+

Tai chi, an art with great depth of knowledge and skill, is an effective exercise for health of mind and body that originated in ancient China. It can be easy to learn and soon delivers its health benefits. Sun Lu-tang (1861-1932) created a uniquely powerful style of tai chi that combines two of the most powerful internal arts with Tai chi. Emphasis is on Qigong exercise to cultivate vital life energy, making it especially effective for enhancing healing and relaxation. The form is characterized by agile steps with smooth and flowing movements that may improve mobility, range of motion, breathing and relaxation. Advanced class: is an ongoing progressive class. Builds from the Tai Chi for Arthritis program. Participants must have taken Tai Chi for Arthritis and Exploring Principles-Tai Chi for Health to register.

137017-A 1/7-2/25 W 4-5pm
(No Program: 2/18)
137017-B 3/11-4/29 W 4-5pm
(No Program: 4/8)

Tai Chi for Arthritis & Fall Prevention

Instructor: Donna Evevsky

Fee: \$93, Premier Members \$70

Ages: 18+

Tai Chi for Arthritis & Fall Prevention, based on the Sun Style Tai Chi, was specially designed by Dr. Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. You do not have to have arthritis to benefit from this program. This program is recommended by the Center for Disease Control and Prevention as an exercise form to prevent falls among older adults. The Administration on Aging has rated this program as the highest evidence based program for older adults for health and wellness. It is supported by many Arthritis Foundations worldwide. Designed to improve quality of life using Sun style Tai Chi, this style includes agile steps and exercises that may improve mobility, range of motion, breathing and relaxation. The program consists of 12 movements — 6 basic and 6 advanced — a warm up and a cool down.

Level 1: Participants will learn the 6 front movements, commencing and closing form.

137019-A 1/7-2/25 W 3-4pm
(No Program: 2/18)

Level 2: Participants must have completed Level 1 and will learn the advanced 6 movements

137019-B 3/11-4/29 W 3-4pm
(No Program: 4/8)

Learn to Belly Dance!

Instructor: Michelle Charles

Fee: \$106

Ages: 14+

Join us for an all new learn to belly dance session! Tone your core, improve your balance, posture and coordination! This program is open to all, no previous dance experience necessary. Bring a friend or make a new one in class. Have fun with dance!

133002-A 1/7-2/25 W 7-8pm
133002-B 3/4-4/22 W 7-8pm

ADULT

From Page to Stage

Instructor: Joey Cantatore, Recreation Staff

Fee: \$35

Ages: 15 – 21 years old

This program is split into two sessions. It is recommended participants register for both sessions. Session A will explore the creative writing process and participants will work on creating a small play. Session B participants will bring the story to life by translating the play to the stage!

130001-A 1/7-2/25 W 7:30-8:45pm
130001-B 3/4-4/22 W 7:30-8:45pm

Chunky Yarn Knit Blanket

Instructor: Lisa McCombs (The Artful Fairy)

Fee: \$75

Ages: 18+

Cozy up with creativity in this beginner-friendly finger knitting class! You'll use your hands—no needles needed—to craft a soft blanket from a selection of neutral-colored yarns (all provided). No experience required, just bring your enthusiasm. Registration deadline for Session A is January 5th and Session B is January 31

132008-A 1/17 Sa 1-4pm registration deadline 1/5
132008-B 2/7 Sa 1-4pm registration deadline 1/31

Game On! Trivia Night for Adults

Instructor: Recreation Staff

Fee: \$15

Ages: 21+

Location: Webster Arboretum, 1700 Schlegel Road

Trivia Night is on!!! Join us for an adult trivia night, an interactive and competitive social event where teams answer questions from various categories, testing their knowledge in a fun, engaging format. Multiple rounds of questions, with themes like movies, music, or history, and concludes with a scoring and winning announcement. Each round will be designed with a mix of easy, medium, and difficult questions to cater to different knowledge levels. An electronic device like a phone or iPad will be required for game play. We will provide snacks & light refreshments; you are welcome to bring your choice of drink along with you.

132011-A 3/26 Th 6:30-8pm

Sacred Self-Care: Nourishing the Mind, Body & Spirit

Instructor: Amanda Toal, CARC,RCP,RCPF

Fee: \$40

Explore how small, intentional acts of care can become meaningful rituals for renewal. We'll discuss holistic self-care from both scientific and emotional perspectives—how stress affects the body, and how rest, movement, and reflection restore it. Participants leave with a personal self-care plan that fits real life.

136100-A 2/25 W 6-8pm

Boundaries & Burnout: How to Reclaim Your Energy

Instructor: Amanda Toal, CARC,RCP,RCPF

Fee: \$40

Feeling stretched too thin? Learn how to set healthy boundaries, protect your energy, and prevent emotional burnout. This supportive workshop offers simple, practical tools for self-care and balance—perfect for caregivers, educators, and anyone ready to reclaim peace of mind.

136101-A 3/25 W 6-8pm

Buying your First Home

Instructor: Robert Opett

Fee: FREE, registration required

Ages: 18+

Learn how to navigate the process of buying a home, whether it is the first time or you are a move up buyer ready for a 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!

136002-A 4/8 W 7-8:15pm

Selling Your Home

Instructor: Robert Opett

Fee: FREE, registration required

Ages: 18+

This class will show participants how to properly prepare their home for sale in today's real estate market. Staging, pricing and updates will be discussed to obtain the maximum amount of profit in the shortest amount of time for the seller. Discussions will include strategies and tips for inexpensive improvements that can maximize your profits! Thinking of flipping homes? Here is what you need to know before you start.

136204-A 4/7 Tu 7-8:15pm

The 4 Seeds of Songwriting

Instructor: Matthew Fieldbinder

Fee: \$50

Ages: 17+

The 4 Seeds of Songwriting teaches students the foundational elements that turn musical ideas into complete, expressive songs. Over four weeks, you will explore the key components that shape great songwriting - Melody, Lyrics, Riff, and Hook. You will learn how each "seed" contributes to a song's identity and emotional impact. By the end of this session, you will have written and developed your own original song!

133005-A 3/6-3/27 F 6:30-7:30pm

ELENA DILAI

Photography

I Got My First Real Camera... Now What?

Instructor: Elena Dilai

Fee: \$60

Ages: 18+

This class is for adults who would like to take better photos using a DSLR or mirrorless camera. Learn about ISO, aperture and shutter speed; lighting, composition, and creativity to make better photographs.

132009-A 3/14-3/21 Sa 10-11:30am

How to Photograph Your Kids Like a Pro

Instructor: Elena Dilai

Fee: \$32

Ages: 18+

This class is for parents who wish to learn to take better, intentional photos of their kids using natural light, composition, and storytelling techniques. This class is for anyone - even cell phone users! Just the basics of lighting, composition, what to pay attention to, how to pose the kids, etc.

132010-A 3/23 M 7-8:30pm



Pickleball Schedule

WINTER 2026

January - February

MON	6:00-7:45am	<u>Open Advanced</u>	Gym 2
	10am-12pm	<u>Registered Pickleball</u>	Entire Gym
	1-3pm	<u>Open Beginner</u>	Gym 2
	1-3pm	<u>Open Advanced</u>	Gym 1
	7-8:30pm	<u>Open Intermediate</u>	Gym 1
TUES	8:30-10:00pm	<u>Open Pickleball</u>	Gym 1
	6:30-8:30am	<u>Open Advanced</u>	Gym 2
	10-12pm	<u>Open Intermediate</u>	Gym 2
WED	1-3pm	<u>Open Intermediate</u>	Entire Gym
	6-7:45am	<u>Open Advanced</u>	Gym 2
	10am-12pm	<u>Registered Pickleball</u>	Entire Gym
	1-3pm	<u>Open Beginner</u>	Gym 1 (no program 2/18)
THURS	1-3pm	<u>Open Advanced</u>	Gym 2 (no program 2/18)
	6-7:45am	<u>Open Advanced</u>	Gym 2
	10-12pm	<u>Open Intermediate</u>	Gym 2
	1-3pm	<u>Open Intermediate</u>	Entire Gym
FRI	7-8:30pm	<u>Open Beginner</u>	Gym 2
	6-7:45am	<u>Open Advanced</u>	Gym 2
	10-12pm	<u>Open Intermediate</u>	Gym 2
	1-3pm	<u>Open Beginner</u>	Gym 1
	7-8:30pm	<u>Open Advanced</u>	Gym 2
SAT	8:30-10pm	<u>Open Pickleball</u>	Gym 2
	8-9:30am	<u>Open Beginner</u>	Gym 2
SUN	3:30-5:30pm	<u>Open Intermediate</u>	Entire Gym (1/10-time change to 5-7pm)
	3:30-5:30pm	<u>Open Intermediate</u>	Entire Gym <u>NO program the months of January and February</u>

CLOSED on January 1st

OPEN PICKLEBALL PLAY RULES:

- Registration is not required for open pickleball sessions.
- Participants must be premier fitness members or pay a \$10 drop-in fee each time!
- You should attend ONLY the open pickleball sessions for the skill level you have rated yourself for.

4 Courts:

- 8 or less people waiting, games to 11; two game max, then sit one
- 8+ people waiting, games to 9; 4 players in and 4 players out

8 Courts:

- 16 or less people waiting, games to 11; two game max, then sit one
- 16+ people waiting, games to 9; 4 players in and 4 players out.

***No new games started with 10 minutes of end time.**

Please enroll in our
FREE Self Rating program

This will be used for communication and to see what levels of play we have for pickleballers using our facility.

Beginners #400000-A

Intermediate #400001-A

Advanced #400002-A

*** PLEASE NOTE ***

All dates and times are subject change!

REGISTERED PICKLEBALL PLAY:

Program # 134004A & 134004B



LOOSEY GOOSEY CHALLENGE
SATURDAY, MARCH 7
PROGRAM #134012-A

ADULT

Loosey Goosey Pickleball Challenge

Fee: \$20

THE LOOSEY GOOSEY LUCK-OF-THE-DRAW RECREATIONAL PICKLEBALL CHALLENGE! We will be doing a "Round-Robin, Luck-of-the-Draw" challenge for our beginners and advanced beginner players. This challenge is simply a fun format where everybody will play one game with and against somebody different (random drawings). Each "game" will be played and timed for 10 minutes. The number of points you and your partner score will be individually recorded and tallied. After each game, players will redraw and will once again have a different partner. The person who has the most points at the end of the session will be the "winner"! This challenge is \$20 per person and will include pizza, water, and prizes. Knowledge of the game is required.

134012-A 3/7 Sa 9am-12:15pm

Pickleball Lessons for Beginners

Instructor: Dick Seils

Fee: \$66

Pickleball, a cross between tennis and ping pong, is the hottest new sport in the country for all ages including adults 50+. Pickleball is a great way for adults to stay fit. This class will introduce the basic rules of play and allow novice players to get familiar with serving, scoring, rules, and the equipment for both doubles and singles. Try it and you will be hooked! Pickleball paddles will be provided if you do not have your own.

134003-A	1/8-1/29	Th	4:15-5:15pm
134003-B	2/6-3/6	F	12:15-1:15pm
(No Program:	2/20)		
134003-C	2/23-3/16	M	4-5pm
134003-D	3/28-4/18	Sa	10:30-11:30am
134003-E	4/8-4/29	W	4:15-5:15pm

Pickleball Lessons Advanced Beginner

Instructor: Mark Banford

Fee: \$80

These lessons will help participants become more comfortable with hitting the ball into the no-volley zone. Other topics include teamwork, footwork, block, and punch volley techniques. During the lesson we will also include a strategy for match play.

134013-A	2/21-3/21	Sa	9:45-11:15am
(No Program:	3/7)		
134013-B	3/28-4/18	Sa	9:45-11:15am

Pickleball LEAGUE

Instructor: Mark Banford

Fee: \$73

This league is for any level but mostly beginners to intermediate. Participants will play 3 games each week against players in the same level, while changing partners each game. The total score will determine player movement up and down from week to week based on league performance. Under roster notes please list your skill level (beginner 2.5-3, intermediate 3.5, or advanced 4+). This will help us place you in the bracket. Please register individually (not as a team). Any questions email Mark Banford at banford55@gmail.com

134014-A	1/14-2/25	W	5:30-6:30pm
134014-B	3/4-4/15	W	5:30-6:30pm

Ages: 18+

Pickleball- Registered*

Fee: \$48, Premier Members \$24

Ages: 18+

You must register and pay for this program. Please bring your own paddle, we will provide nets and pickleballs. You are required to leave the court at the end of the reservation time. Dates and times are not guaranteed and subject to change. Should the need arise to cancel due to program conflict, no refunds will be issued.

134004-A	1/5-2/23	M	10am-12pm
134004-B	1/7-2/25	W	10am-12pm

*Registration will open 2/2 at 9am for registered pickleball for March and April

Basketball Men's Open

Instructor: Seth Kaeuper

Fee: \$77, Premier Members FREE

Ages: 18+

Men's open basketball will offer you some fun and exercise at the same time. This is strictly recreational, not league play

134001-A	1/8-4/30	Th	6:30-8pm
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Men's Indoor Soccer

Instructor: Recreation Staff

Fee: \$70, Premier Members Free

Ages: 18+

Get your exercise and have fun at the same time! This is strictly recreational indoor soccer play.

134403-A	1/8-4/30	Th	8:45-10:15pm
134403-B	1/4-4/26	Su	8-9:30am

(No Program: 4/5)

Volleyball for Adults

Instructor: Kim Ferguson

Fee: \$90, Premier Members FREE

Ages: 18+

This adult volleyball program is strictly recreational play. There is no formal instruction so some knowledge and experience is required. The program is open to beginner and intermediate level players. When necessary, rotation of extra players will be used.

134501-A	1/6-5/19	Tu	7:30-9pm
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Badminton for Beginners

Fee: \$106, Premier Members FREE

Ages: 10+

We will have 2 courts for beginners to provide a friendly, low-pressure environment for beginners to enjoy badminton, get exercise, and meet other players — no coaching or instruction will be given. We will provide the shuttlecock.

134000-A	1/6-4/28	Tu	4:30-6:30pm
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Badminton Competitive

Fee: \$102, Premier Members FREE

Ages: 16+

This badminton program is truly a competitive sport! There is a good reason why badminton is one of the most popular sports in the world. It is fun, fast, and aerobic! Bring your own racquet as there are only a few racquets available on a temporary basis. We will provide the shuttlecock.

134002-A	1/6-4/28	Tu	4:30-6:30pm
134002-B	1/2-4/24	F	4:30-6:30pm



JOIN US FOR THE 2ND ANNUAL

HELPING HEROES CLEAN UP DAY

HONORING THOMAS SMOCK

This second annual event will bring the community together honoring a man who was active in the volunteer world of Webster, NY. While Tom is greatly missed, the Helping Heroes day will give back the way Tom did, carrying on his legacy by inspiring others to do the same. We are looking for people who want to assist with light spring clean up in yards around the area (including raking, weeding, and spreading mulch if needed) as well as those who need assistance at their homes.

Once all inquires and volunteers have been established, more information will be sent to participants! Please spread the word and help us continue to honor Tom!



SATURDAY MAY 9 at 8:30 AM

VOLUNTEERS WILL MEET AT WEBSTER REC CENTER

**REGISTER TO RECEIVE CLEAN UP: #101007-A
REGISTER TO ASSIST WITH CLEAN UP & VOLUNTEER: #101007-B**

FOR MORE INFORMATION CONTACT JULIE SCHILLACI AT JSCHILLACI@WEBSTERNY.GOV OR 585-872-7103 X7102





55+ Activities and Services

AT WEBSTER PARKS & RECREATION



We are dedicated to supporting and enhancing lives of residents, 55 years or older, by providing programs and services that promote active, independent and healthy lifestyles. We offer a diverse selection of activities such as: field trips, creative classes, fitness classes, lectures, card games, recreational workshops, various presentations, parties, and SO much more! Our 55+ monthly newsletter is available on our website or if you would like to receive a copy in the mail or via email call 585-872-7103 x7105 and ask Daphne to be placed on our mailing list.

Transportation Services

Need a ride to the Recreation Center? We've got you covered. Webster residents who are 55+ can request a ride on our **NEW BUS** from your home to the Recreation Center and back again on Monday, Tuesday and Thursday. Pick up at your address between 9-10am. Thursday's ride home includes a stop to shop for groceries. Seating is limited. \$2 round trip per person/per day. Please call the Webster Recreation Center 55+ Transportation line at **872-7103 ext 7385** no later than 8am the day of ride and provide your name, address, phone number, and requested date(s)!

Lunch Club 60

Served Monday-Friday between 12-12:30pm, our nutrition program is designed to provide high quality, affordable, nutritious meals to adults 60 and over while promoting health, wellness and social interaction. Suggested contribution is \$3.50 for individuals 60+ and \$7.50 for anyone under 60 or not meeting eligibility.* Please note that on some holiday dates there maybe no meals served.

Talks on Tuesday

We are excited to offer a variety of lectures and presentations to enrich and inspire older adult learners. We strive to bring a wide range of topics to help keep our minds sharp and alert while meeting new and interesting people along the way. Please check back often as we add to our schedule of presenters. Tuesdays at 10:30-11:30am at the Webster Recreation Center. FREE registration required.

Eldersource

If you find yourself struggling to make the right choices and the right decisions in an eldercare situation, you are not alone. Help with your eldercare situation is here. Information, referral and guidance about eldercare, disability, long-term care options, assistance with decisions about housing options and placement are just a few of the services our eldercare manager can provide. An eldercare manager from Lifespan is here to help residents and their families on the fourth Tuesday of each month 9:30am -12:00pm on a walk-in basis; no appointment necessary.

We provide a wide variety of activities to suit everyone's preferences. From outings on our shuttle bus to informative talks, technology workshops, enjoyable games, energizing workouts, and nutritious lunches, our schedule offers something for everyone. Register for an activity that interests you, and let's take advantage of this opportunity to connect, learn, and enjoy our time together!

We invite you to contact our 55+ Coordinator to learn more or to chat about what we have to offer.

Daphne Geoca, 55+ Coordinator

Webster Recreation Center | 1350 Chiyoda Drive | Webster, NY

dgeoca@websterny.gov | 585-872-7103 x7105

www.websterny.gov/702/parks-recreation

Contact Us



Eldersource

Office for the Aging

Lifespan
Take it on!

ADULT

Cardio Drum Fitness

Instructor: Alicia Davis

Fee: \$35

Cardio drumming is a rhythmic workout that combines drumming with cardiovascular exercise. Participants use large stability balls and drumsticks to beat along with music. This 45 minute workout (done sitting or standing) enhances cardiovascular health, coordination and balance while having fun. Benefits:- Low impact - gentle on the joints- Promotes cardiovascular health - improves circulation- Enhances coordination & balance- Stimulates cognitive function

147062-B	2/6-2/27	F	11:30am-12:15pm
147062-C	3/6-3/27	F	11:30am-12:15pm
147062-D	4/3-4/24	F	11:30am-12:15pm

Ages: 55+

Line Dancing

Instructor: Denise Baller

Fee: \$35

Line Dancing is a great low impact way to meet others and keep fit. And it begins literally, one step at a time! You won't need a partner but feel free to bring along some friends and have a lot of fun. Plus, you get to exercise without realizing you are exercising all while learning the latest line dancing moves and some old favorites. Get your exercise the fun way! Build endurance and stamina! Improve your balance and footwork! Keep your feet moving to a variety of music styles! Step-by-step instruction gets you line dancing! No partner needed! No experience necessary, just the desire to move and have fun!

133203-A	1/19-2/23	M	11:30am-12:15pm
133203-B	3/2-4/6	M	11:30am-12:15pm
133203-C	4/13-5/18	M	11:30am-12:15pm

Ages: 55+

Tap Time

Instructor: Denise Baller

Fee: \$35

Whether standing or seated, Tap Time is a safe, fun way to stay active while enjoying upbeat tunes from Broadway and more! We will provide the slip-on taps used for class that fit right over any flat-bottomed shoe to create instant tap shoes! Whether standing or without ever having to leave your chair, we will begin by learning various tap technique steps and then put them to music to form a combination! Signup with a friend or come on in and make a new friend!

147042-A	1/9-2/13	F	11:30-12:15pm
147042-B	2/20-3/27	F	11:30-12:15pm
147042-C	4/3-5/8	F	11:30-12:15pm

Ages: 55+

Fall Proof Your Life

Instructor Linda Falzano

Fee: \$129

This 8-week educational series on fall prevention will include a 30-minute lecture/group discussion followed by 30 minutes of skills and drills. Topics include balance, agility, mobility, and gait drills, practicing getting up from the floor, falls efficacy scale, and home safety assessments, along with speed and reaction drills; plus more!

147066-A	1/5-2/23	M	9:30-10:30am
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Ages: 55+

AARP Smart Driver

Instructor: AARP Volunteers

Fee: payable by check/cash to instructor day of class

\$25 AARP members, registration required

\$30 Non AARP members, registration required

This is a New York State approved AARP Driver Safety Course which requires each participant to attend the full 6-hour program to receive their course completion certificate. There are breaks during the course and a ½ hour for lunch. Participants are encouraged to bring their lunch as there may be limited meal service on site. The course fee is \$25 for AARP members with a valid AARP member number and \$30 for non-members payable by CHECK ONLY and collected by the instructor on the day of class. A course book and other materials will be provided.

Please bring the following to the class:

1. Your valid New York Driver's License
2. Your AARP membership number if you are a member – one number is valid for both husband and wife.
3. Check payable to AARP, which will be collected at the conclusion of the course. Course completion/Insurance certificates are issued approximately 30-60 days after completion of the course and are retroactive to the date of the course.

146001-A	1/14	W	9am-4pm
146001-B	1/17	Sa	9am-4pm
146001-C	2/19	Th	9am-4pm
146001-D	2/21	Sa	9am-4pm
146001-E	3/19	Th	9am-4pm
146001-F	3/21	Sa	9am-4pm
146001-G	4/29	W	9am-4pm

Lunch Bunch

Ages: 55+

- We're going to lunch! We will travel together in our bus, or you are welcome to meet us at the restaurant. You will choose your meal off the menu and each participant will be responsible for the cost of your own meal.
- PLEASE REGISTER FOR THE APPROPRIATE PROGRAM
- NUMBER TO INDICATE WHETHER YOU ARE TAKING THE BUS OR DRIVING YOURSELF. TIME IS APPROXIMATE & WILL BE CONFIRMED AS WE APPROACH THE DATE.

Location: Monte Alban, 2245 Empire Blvd 14580

141901-A (Bus)	1/16	F	11:45-1:30pm
141901-B (Drive)	1/16	F	12-1:30pm

Location: Olive Garden, 204 High Point Drive 14564

141901-C (Bus)	2/20	F	11:45-1:30pm
141901-D (Drive)	2/20	F	12-1:30pm

Location: Genesee Brew House, 25 Cataract St 14605

141901-E (Bus)	3/20	F	11:45-1:30pm
141901-F (Drive)	3/20	F	12-1:30pm

Location: Cheesecake Factory, 3349 Monroe Ave 14618

141901-G (Bus)	4/17	F	11:45-1:30pm
141901-H (Drive)	4/17	F	12-1:30pm



Bus transportation available for this program

ADULT

Talks on Tuesday

Fee: FREE, registration required

We are excited to offer a variety of lectures and presentations to enrich and inspire adult learners over age 55. We hope to bring older adults a wide range of topics to help keep our minds sharp and alert while meeting new and interesting people along the way. Topics are added to our calendar on an ongoing basis so please check often for an up-to-date schedule of presentations.

How Intelligent are You?

This talk discusses eight different intelligences that describe a broader range of abilities in people. Older adults will come away with a whole new way to look at their lives, examining potentials that may have been left behind in childhood but now can be rekindled in a variety of ways.

146940-B 1/13 Tu 10:30-11:45am

Pickleball Injury Prevention

How to equip yourself to prevent injuries when playing pickleball.

146940-C 1/20 Tu 10:30-11:45am

Fraud Prevention

SCAMO: Similar to Bingo, participants listen as definitions are read and match them to the correct answers on their cards. Get five spaces in a row and shout "SCAMO".

146940-D 1/27 Tu 10:30-11:45am

Chocolate, a Tasting History

Follow the evolution of this food from its Native American origins to one of the most sought after European treasures to its use as fundamental parts of the modern diet today.

146940-F 2/10 Tu 10:30-11:45am

Ages: 55+

Title: Stocks, Bonds, and Positioning Your Portfolio Toward Your Goals

Description: With so much uncertainty in the markets, pre- and post-retirees need to have a clear plan in place. Let's go beyond the headlines and bring peace of mind as you navigate retirement. We will cover not only the stock and bond markets but also broader areas of financial planning that can impact your long-term security.

146940-G 2/17 Tu 10:30-11:45am

The Joyful Birder

"The Joyful Birder: Birding Locally, Nationally and Internationally" Mary Coy enjoys sharing the fun of birding through her travels, art, photography and volunteering at Montezuma National Wildlife Refuge.

146940-L 3/24 Tu 10:30-11:45am

Golf Injury Prevention

As the weather improves, prepare yourself for golf without injury.

146940-O 4/14 Tu 10:30-11:45am



Snowman Mason Jar
Jan 12 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-A



Pinecone Floral Arrangement
Feb 9 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-B



Rock Painting
Mar 9 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-C



Decorate a Planter
Apr 13 ~ 11am-12pm
Fee: \$12
55+ activity: 142212-D



Craft Co.

Find Your Creativity, Decorate Your Life!

Join our crafting group on the second Monday of each month. Be sure to sign up for the craft that interests you!

2nd Mondays



11:00AM-12:00PM

Activity #142212

585-872-7103

www.websterny.gov/702/parks-recreation.com

ADULT

Valentine's Day Party

Fee: \$10, registration required by 2/7

Ages: 55+

Put on your favorite something red and join us for a "sweet" time. We will have a "Brown Bag Auction"! Here's how it works: Each member will bring a brown lunch bag with a donated item inside and keep it closed. Bidding on each closed bag will begin at 5 cents. There are so many fun possibilities! Rec Plates for lunch, consisting of burgers, homefries and macaroni salad and a delicious dessert that is sure to satisfy your sweet tooth! You are sure to have a great time! **REGISTRATION AND PAYMENT ARE REQUIRED BY FEB 7th.** Space is limited and walk-ins can not be accepted. Van transportation will be available if you let us know you'd like a ride.

140005-A 2/13 F 12-1pm

St. Patrick's Day Party

Fee: \$10, registration required by 3/10

Ages: 55+

It's that time of year when everyone is Irish for the day! Join us for the festivities of an Irish dance performance at 11:45 followed by a traditional corned beef Irish meal. Why not wear a bit 'o green to get into the mood! Space is limited and walk-ins cannot be accepted. Van transportation will be available if you let us know you'd like a ride.

140004-A 3/17 Tu 11:45am-1pm

Singo Bingo

Fee: \$5

Ages: 55+

Singo is a fun and exciting twist on Bingo. Instead of marking off numbers that someone calls out, players will listen to music samples and mark off the songs they hear. The same rules apply as regular bingo, but if someone gets a line they call out SINGO! Singo Bingo is interactive, and folks can't help but sing along as they listen to a variety of songs from yesterday and today!

141086-A 4/17 F 5:30-7pm

Dogs & Donuts with RocDog

Instructor: Roc Dog Volunteer

Fee: FREE, no registration required, drop-in Ages: 55+

RocDog is a certified non-profit organization with a simple focus: "To serve in our communities with our therapy dogs and put SMILES on faces whenever we can. We have seen firsthand how a dog can lighten up a face, bring a smile, get a giggle, and even laugh." You will have a chance to meet some of these amazing animals and share in a light breakfast treat.

141088-A 1/8-4/9 Th 11am-12pm

Historic House Tour

Fee: \$3

Ages: 55+

- This tour on our bus brought to you by the Historic House Preservation Committee and Webster Museum will showcase an interesting selection of historic homes in Webster. A \$7 donation is requested at the time of the tour. Our bus will depart from the Webster Recreation Center at 10am. A pickup from home is available. Please be sure to let us know at the time of registration if you prefer a home pickup and we will confirm pickup time as we get closer to the date.

141950-A 4/15 W 10-11:30am



Bridge

Fee: FREE, registration required

Ages: 55+

This group of 55+ adults meet on Tuesday afternoons at The Recreation Center from 12:30 PM till 3:30 PM. It is an informal group, but a working knowledge of Bridge is required. New participants are always welcome.

141000-A 1/6-4/28 Tu 12:30-3:30pm

Euchre

Fee: FREE, registration required

Ages: 55+

This group of 55+ adults meet on Thursday afternoons at The Recreation Center from 12:30 PM till 3:30 PM. It is an informal group, but a working knowledge of Euchre is required. New participants are always welcome.

141001-A 1/8-4/30 Th 12:30-3:30pm

Bingo

Fee: 20¢ per game, registration required

Ages: 55+

Calling all BINGO players! Join us for the fun. Meet some new friends and enjoy playing a game that you love. Drop-ins are welcome. Come when you can. (20cents/board collected by the players)

141010-A 1/5-4/27 M 9-11:45am

141010-B 1/8-4/30 Th 9-11:45am

Competitive Scrabble

Fee: FREE, registration required

Ages: 55+

It began with a crash! There were many victims of America's Great Depression in 1929. But in 1933 an out of work architect named Alfred Mosher Butts invented a game that would lift the spirits of millions. Today the SCRABBLE game is found in three of every five American homes. Like chess and bridge, COMPETITIVE SCRABBLE game play is hugely popular and continues to add players every year. It's the ultimate crossword game in which every letter counts. Grab your friends and join us at Webster Recreation.

131033-A 1/5-4/27 M 9:30am-12:30pm

Rummikub

Fee: FREE, registration required

Ages: 55+

Rummikub has all the elements that make a great game. It's easy to learn and fast moving. The "board" changes all the time as players adjust the tiles on the table. It combines luck and strategy, and it changes quickly so every player has a chance to win until the very end. The object is to be the first to play every tile on your rack. We welcome you and your 55+ friends!

141028-A 1/7-4/29 W 9:30-11:30am

Senior Singers

Fee: FREE, registration required

Ages: 55+

The Senior Singers are always welcoming new members! This co-ed group of 55+ adults enjoys music and loves to sing Broadway show tunes, old standards and holiday songs.

143002-A 1/6-4/28 Tu 11am-12pm

ADULT

MahJong for Beginners

Instructor: Jim Villone

Fee: FREE, registration required

Learn this tile-based game with origins in 19th century China. No prior knowledge of the game is necessary. Students will be taught to play using the National MahJong League (NMJL) rules. Students will be provided with a temporary card. Upon completion of the 8-week course students will be comfortable playing the game and ready for social play at home and in community centers.

131011-A 1/8-2/26 Th 10am-12pm

MahJong

Fee: FREE, registration required

Once you start playing you will become addicted! This group meets on Tuesday and Thursday afternoons at The Recreation Center from 12:30 - 3:30pm. It is an informal group, but a working knowledge of MahJong is required. New participants are always welcome.

141003-A 1/6-4/28 Tu 12:30-3:30pm
141003-B 1/8-4/30 Th 12:30-3:30pm

Book Club Buddies

Fee: FREE, registration required

Book Club Buddies is back for monthly book discussions on the second Friday of the month. The Webster Public Library Staff will facilitate discussions with engaging questions and fun background information about each book, author, and story. The library will provide copies of the book to be borrowed one month before the meeting. It's the perfect time to get cozy with a book and then gather with other readers for a lively chat!

141004-A 1/9-4/10 2nd Fri/month 9:30-10:30am

Exploring the Bible

Fee: FREE, registration required

We welcome you as we visit a variety of people and places in the "word". There is much to explore. Come and join us! Everyone is welcome. There is no pressure to read, speak, or believe; just freedom to explore the possibilities. Registration required.

146005-A 1/5-4/27 M 11-12pm

Visionaries

Instructor: Ed Wilkonski

Fee: Free, registration required

Beginning around the fourth decade, you may start to notice a normal decreased agility of the eyes to accommodate detailed work. However, other changes occur that are not part of the aging process including: cataracts, glaucoma, diabetic retinopathy, and macular degeneration. This support group was formed to assist those who want to better manage their impairment. This group is facilitated by a member, with occasional guest speakers and trips. The group meets the first Wednesday of each month.

146033-A 1/7-4/1 1st Wed/month 10:15-11:45am

Ages: 55+

Ages: 55+

Ages: 55+

Ages: 55+

Ages: 55+

Technology Workshops

Instructor: Daniel Jones

Fee: FREE*, registration required **Ages: 55+**

What is AI?

This beginner-friendly seminar explores what artificial intelligence (AI) is, how it works, and its role in our world. Discover the foundational concepts, key applications, and future potential of this transformative technology. Join technology instructor Daniel Jones for this fun and informative 90-minute seminar where you'll learn about:

- Brief history of AIAI terminology
- How AI is used
- AI features and benefits
- The Good, The Bad & The Ugly of AI
- The future of AI

146002-A 1/13 Tu 9-10:30am

The World of Podcasts

Podcasts are one of the fastest-growing and most popular forms of online discussion, entertainment and special interests — providing people with a platform to both listen and share what they find interesting, entertaining and informative. Join technology instructor Daniel Jones as he walks you through the world of podcasting.

You'll learn about: Brief history of podcasting How to search, subscribe and listen to podcasts Steps to create your own podcast

146003-A 2/10 Tu 9-10:30am

Fake News & How to Spot It

If you're confused by your online newsfeeds, you're not alone. Join technology instructor Daniel Jones for this FREE and informative seminar to learn how to spot what's real, what's true, and what's not. Learn about:

- Disinformation: How it spreads and how to recognize it
- The rise of Deepfakes
- Fact-checking resources
- Terms you should know
- Personal responsibility

146004-A 3/10 Tu 9-10:30am

What Is The Cloud

You've heard the term, but what exactly is "THE CLOUD"? Join technology instructor Daniel Jones for this FREE* and informative seminar where you'll learn everything there is to know about the cloud. You'll learn about:- What it is- How it works- Data Centers- Apple's iCloud- Cloud Computing*

146007-A 4/14 Tu 9-10:30am

*Funding for these Technology Workshops is provided by the Monroe County Office for the Aging.

WSPS Services

The Webster Association of Senior Program Supporters (WSPS) provides transportation M-F 9am-2:30pm for seniors and disabled residents who live within the Webster School District to medical, dental, dialysis, chemotherapy, physical therapy, pharmacy visits, banking, hairdresser/barber and tax appointments. Please call the WSPS appointment line 4 days in advance at 585-216-7829. Visit websterwasps.com for more information.



SINGO

BINGO



Join us for an exciting musical twist on the classic game of Bingo. Sing along to your favorite tunes while matching song samples to titles on your bingo card. Bring your 55+ friends and compete for fantastic prizes in this lively and energetic event!

April 17 | 5:30 pm
55+ Activity | #141086 • \$3



Webster Recreation Center | 585-872-7103
www.websterny.gov/702/parks-recreation.org

Group Fitness Class Schedule Winter/Spring 2026

	Class	Instructor		Class	Instructor	
MONDAY	6:00a	Bootcamp	Jim/Cynthia	5:45a	Cardio Cycle	Cynthia
	8:00a	ABSolute Core	Jim	7:00a	Strong for Life	Jay
	8:45a	Fit Over 50	Dylan	7:00a	UpBeat Pilates	Sara
	8:45a	Power Vinyasa	Denise	8:15a	Cardio Power	Dylan/Jim
	9:00a	ABSolute Core	Jim/Jay	9:15a	UpBeat Barre	Barb
	10:00a	Zumba Gold	Jen	9:30a	Flex & Flow Gold	Dylan
	10:15a	Transform	Denise	10:15a	Silver & Fit	Dylan
	4:30p	Beginner Bootcamp	Brad	11:00a	Move Well	Jim
	5:15p	UpBeat Pilates	Mary	12:00p	Fusion Ride	Amanda
	5:30p	Body Tone	Cynthia	5:00p	Flow for All Yoga	Amanda
	5:30p	Fusion Ride	Amanda	5:30p	HIIT with Cynthia	Cynthia
	6:30p	Flow for All Yoga	Amanda	5:45p	Heavy Bag Boxing	Joellyn
TUESDAY	5:45a	Rhythm Ride	Cynthia	6:00a	Bootcamp	Jim/Jay
	7:00a	UpBeat Pilates	Sara	8:00a	Arms & Abs	Jim
	8:15a	UpBeat Barre	Mary	9:00a	Arms & Abs	Denise
	9:00a	Cardio Strength	Jay	9:00a	Active Aging	Brad
	9:00a	Golden Curls	Dylan	9:00a	Open Vinyasa Yoga	Amanda
	10:15a	Silver & Fit	Dylan	10:15a	Spin & Stretch	Amanda
	12:00p	Fusion Ride	Amanda	10:15a	Yin Yoga	Denise
	2:00p	Active Aging	Brad			
	5:00p	Move Well	Jay			
	5:45p	Heavy Bag Boxing	Joellyn			
WEDNESDAY	6:00a	Bootcamp	Jim	8:00a	Rhythm Ride	Cynthia
	8:00a	Butts & Guts	Jim	8:30a	Total Body Tone	Jim
	8:45a	Fit Over 50	Dylan	9:15a	UpBeat Barre	Gil/Tia
	8:45a	Power Vinyasa	Denise	9:30a	KB FUNDamentals	Jim
	9:00a	Butts & Guts	Jim	10:30a	Open Vinyasa Yoga	Hong
	10:00a	Toning with Denise	Denise			
	11:15a	Silver & Fit: Beginner	Dylan			
	11:45a	Iyengar Yoga	Tori			
	1:45p	Balance in Motion	Mark			
	4:30p	Beginner Bootcamp	Brad			
	6:00p	Zumba	Jen			
	6:00p	Rhythm Ride	Cynthia			
THURSDAY						
FRIDAY						
SAT						
SUN						

FITNESS CENTER HOURS

MONDAY-FRIDAY: 5:00AM-10:00PM

SATURDAY: 7:30AM-9:00PM

SUNDAY: 7:30AM-6:00PM



CONTACT US!

Jay Verna, BS, CSCS, PN1
Fitness Coordinator
jverna@websterny.gov
585-872-7103 x8901

GROUP FITNESS CLASSES ARE FREE FOR PREMIER MEMBERS

NON-MEMBERS PLEASE VISIT OUR WEBSITE @ WEBSTERNY.GOV/702/PARKS-RECREATION FOR CLASS FEES.

Group Fitness Class Descriptions

ABSolute Core | 137001

This class includes kickboxing, weight training, cardio, step, core, and circuit training. It is non-choreographed and will be different each time.

Arms & Abs | 137036

A 45-minute class focused on upper body and core. Weights, bands, and body weight exercises will be used to increase strength and definition with a variety of core exercises mixed in throughout.

Balance in Motion | 137024

It's never to late to improve your balance, coordination and confidence for everyday activities. This class builds functional strength and stability.

Beginner Bootcamp | 137049

This class is perfect for those who are intimidated by trying a new class or looking to get started in a new fitness routine.

Body Tone | 137030

High Repetition, light dumbbell work-out. With a variety of exercises while moving to the beat of the music.

Butts and Guts | 137021

Focus on the areas we love to work on: strength and muscular endurance moves for booty toning and ab tightening!

Bootcamp | 137002

Intense! Be prepared to work hard and be outside, weather permitting. Expect some running high intensity calisthenics, resistance training, and circuits.

Cardio Power | 137040

Cardio Power combines cardiovascular exercise with resistance training to deliver an intense, focused, and sweat inducing full body work out to help you burn calories and build strength.

Cardio Strength | 137010

Combines exercises to build functional strength with cardio conditioning intervals in a fun and dynamic environment!

Flow for All Yoga | 137027

An active yoga class to move, get sweaty, or stretch it out, to uplifting music, leaving you with a strong body and clear mind.

Heavy Bag Boxing | 137046

Moving around a heavy bag and throwing punches improves your hand-eye coordination and overall stability. This action-packed workout will increase muscle strength all while keeping the heart rate pumping!!

PLEASE NOTE: PARTICIPANTS MUST PROVIDE THEIR OWN GLOVES.

HIIT w/ Cynthia | 137016

Fire up your fitness routine with this 45-minute High Intensity Interval Training class that incorporates body weight exercises, dumbbells, kettlebells, stability/medicine balls, TRX straps and more!

KB FUNDamentals | 137045

This class is focused on learning how to get a safe, effective and fun workout using the shape of the kettlebell to move weight in dynamic, flowing circuits.

Iyengar Based Yoga | 137009

This class is for beginners and intermediate practitioners. The class begins with a short warm-up, followed by strength and stretching movements, and ends with 10-15 minutes of relaxation.

Move Well | 137038

Learn how to correct basic mobility issues and how to develop a strong and stable core. This class is a great primer for any of our fitness classes and will help you to get on the right track for your own fitness program.

Open Vinyasa Yoga | 137043

This class is a carefully sequenced flow for all levels to relax, challenge yourself, and have fun. The dynamic poses build strength and flexibility, with varying difficulty all intended to achieve peace of mind.

Power Vinyasa Yoga | 137013

Stretching, strengthening, and breathing techniques connect movement and breath through the flow of poses. Open to students of all levels, focusing on fundamentals to benefit those new to this type of yoga while still offering a challenge to those more experienced.

****Aroma therapy elements, such as essential oils, incense, and candles are included****

Strong for Life | 137012

Will give you the confidence to navigate the weight room and get the most out of your workouts. Proper warm ups, exercise technique, how to design a strength program, and recovery will all be addressed.

Toning with Denise | 137037

With high-reps and low-impact movements, this is a great total-body workout for everyone and anyone! Beginners are welcome!

Total Body Tone | 137058

This program is for people looking to gain strength and chisel out their physique. You'll be challenged more and more, all the while you'll be making strength gains. No workout is the same to ensure you'll always be challenged.

Transform | 137004

A total-body fitness class that incorporates fitness elements from Zumba, free-weight training, and mat work.

UpBeat Barre | 137054

A fusion of strength, cardio, & pilates inspired by barre. UpBeat Barre uses popular music to create a fun and balanced workout with varying levels of intensity.

UpBeat Pilates | 137072

UpBeat Pilates is a core-focused, high-energy mat class that utilizes traditional Pilates elements choreographed to popular music.

Yin Yoga | 137039

This is a quiet contemplative practice targeting the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians. This is contrast to a Yang yoga practice such as Vinyasa yoga which targets the muscles.

****Aroma therapy elements, such as essential oils, incense, and candles are included****

Zumba Fitness | 137005

Mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.

Group Spin Classes

Cardio Cycle | 137062

Move at your own pace and gradually elevate your heart rate. Strengthen your muscles that support the knees, ankle, and feet.

Fusion Ride | 137062

Ride up hills, down fast flats, and high intensity intervals (HIIT). For the first time rider, the experienced rider, and everyone in between. Set to heart-pounding invigorating music that will keep you along for the ride no matter what it brings.

Rhythm Ride | 137062

Let's ride together – geared towards all fitness levels! Whether you're training for a triathlon, or riding for cardiovascular health, this class will help get you there. Spin off the energy from those around you and compete for fitness success.

Spin & Stretch | 137062

Let's ride together – this class starts with a 30-minute cycle ride and ends with a 15-minute stretch crucial for flexibility, injury prevention and muscle recovery.

Group Fitness Classes for 55+

Active Aging | 137007

This class will open with mind-body exercises, evolve into a whole body strength, toning and endurance routine incorporating resistance bands and body weight, then close with a mindful recovery.

Fit Over 50 | 137015

A class designed for adults who are 50 and older, with a focus on balance, range of motion, flexibility, and muscle preservation. This program combines stretching with low-impact exercise to help older adults get in shape and instill healthy habits.

Flex & Flow Gold | 137033

This program focused on people with limited mobility, who want to increase their flexibility, range of motion, and overall mobility. The of the class is to achieve a nice gentle stretch, mixed with dynamic movement to improve the body's mobility and flexibility.

Golden Curls | 137014

Golden Curls is an intermediate strength and mobility program that focuses on building muscular endurance, strength, and function while also increasing range of motion and over all mobility.

Silver & Fit: Beginner | 137031

Designed specifically to help older adults achieve better health through regular exercise and health education. This program is for those with a Silver and Fit membership only.

Silver & Fit | 137032

Designed specifically to help older adults achieve better health through regular exercise and health education. This program is for those with a Silver and Fit membership only.

Zumba Gold | 137003

Perfect For: Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.



Fitness Membership Information

Membership Type	Membership Details	Individual	Senior, Student & Military	Family	Senior Family
		Single Members Ages 18-54	Seniors ages 55+, Active Military or Students Ages 14-25	Families in the same household with children under the age of 26	Families in the same household with one person age 55+ and children under the age of 26.
Non-Fitness	Includes access to our game room, and open gym times. Kids 12 and under are not required to have a non-fitness membership but must be accompanied by an adult at all times who has a non-fitness pass.	\$10/Person/Annual Resident & Webster Business Employee \$10/Person/Annual Non-Resident + \$10 per open gym	N/A	N/A	N/A
Basic Fitness	Includes all of the benefits of Non-Fitness Membership plus unlimited access to the fitness center, racquetball, and open gym times.	\$336 Annual (\$28/Mo) Resident & Webster Business Employee \$396 Annual (\$33/Mo) Non-Resident	\$300 Annual (\$25/Mo) Resident & Webster Business Employee \$360 Annual (\$30/Mo) Non-Resident	\$492 Annual (\$41/Mo) Resident & Webster Business Employee \$552 Annual (\$46/Mo) Non-Resident	\$432 Annual (\$36/Mo) Resident & Webster Business Employee \$492 Annual (\$41/Mo) Non-Resident
Premier Fitness	Includes all of the benefits of the Basic Membership plus discounted and/or free fitness classes and open pickleball.	\$420 Annual (\$35/Mo) Resident & Webster Business Employee \$480 Annual (\$40/Mo) Non-Resident	\$360 Annual (\$30/Mo) Resident & Webster Business Employee \$420 Annual (\$35/Mo) Non-Resident	\$660 Annual (\$55/Mo) Resident & Webster Business Employee \$720 Annual (\$60/Mo) Non-Resident	\$600 Annual (\$50/Mo) Resident & Webster Business Employee \$660 Annual (\$55/Mo) Non-Resident
Punch Pass	Punch passes have no expiration date. They can be used towards the fitness center, racquetball courts, and selected fitness classes. This pass is for individuals only.	10 Visits + 1 Free = 11 total visits for \$100 All Residents, Non-Residents and Webster Business Employees	Fitness Center Age Guidelines <ul style="list-style-type: none"> Children 10 and under are not permitted in the fitness center. Children between the ages of 11-13 years old MUST be supervised by a parent or guardian at all times, and complete a one time 20 minute orientation with a fitness staff member. Members 14+ may use the fitness center unsupervised after completing orientation with a fitness staff member. 		

*We honor insurance fitness benefits for eligible members through many major insurance providers.

Please contact our main office at 585.872.7103 to verify your eligibility for a Premier Level Membership benefit.



Personal Training Information

Personal training are 1 on 1 sessions with a fitness professional for ONE (1) hour. The sessions are customized to your individual needs and goals and are available to Fitness Members & Non-Members. For more information or to sign up - contact Jay Verna, our Fitness Specialist at jverna@websterny.gov

1 Session - \$35 for Member / \$40 for Non-Member

5 Sessions: - \$165 for Member / \$175 for Non-Member

10 Sessions: - \$320 for Member / \$340 for Non-Member

12 Sessions: - \$372 for Member / \$396 for Non-Member

16 Sessions: - \$480 for Member / \$512 for Non-Member

Partner Training - \$50 (2 people) for both Member and Non-Member

Group Training (3-5 people) - \$80/hourly session for both Member and Non-Member



Parks, Open Space & Lodges

Webster Recreation Center & First Responders Playground - 1350 Chiyoda Drive
Ridge Park & Miracle Field - 1000 Ridge Road
Charles E. Sexton Memorial Park - 750 Holt Road
Kent Park & Webster Arboretum Lodge - 1700 Schlegel Road
Sandbar Park - 279 Lake Road
Finn Park & Liberty Lodge - 850 Maple Drive
Empire Park - 2130 Empire Road
Ridgecrest Park - 985 Ebner Road
D'Amico Park - 700 Phillips Road
Whiting Road Nature Preserve - 403 Whiting Road
Gosnell Big Woods - 680 Vosburg Road
Four Mile Creek - 160 Phillips Road
Herman Road Forever Wild Forest - 760 Herman Road
State Road Nature Preserve - 1546 State Road



**CURRY BUILDING
AT WEBSTER ARBORETUM
1700 SCHLEGEEL ROAD
WEBSTER, NY 14580**



**LIBERTY LODGE
AT FINN PARK
850 MAPLE DRIVE
WEBSTER, NY 14580**

*Open air shelters are located at
Kent Park, Charles E. Sexton & First Responders Park*

For more information about park amenities or to book space visit our website at:
websterny.gov/702/Parks-Recreation or call 585.872.7103



The Webster Recreation Center Building is a multipurpose facility with a variety of rooms to suit many purposes. For specific details on individual rooms and available amenities, please call our office at 585-872-7103.