



# WINTER 2019

## TOWN OF BRIGHTON RECREATION DEPARTMENT

### YOUTH SPORTS PROGRAMS

#### AFTERSCHOOL FENCING AT FRES

The Olympic sport of fencing is conveniently offered at French Road Elementary! Fencing is a fun way to be active and is suitable for all body types. In addition to the fitness benefits, the sport has been shown to improve focus, mood, and self-confidence. Both girls and boys love the fast pace, precision and excitement while parents praise the time-honored tradition of sportsmanship. New and continuing fencers are welcome to join this class where top instructors from the Rochester Fencing Club (Home of Olympians and World Champions) will work on basic footwork, tactics, and bout skills challenging both the mind and body. All fencing equipment is provided. Please be prepared for a workout with athletic clothes and sneakers; no boots, crocs, or sandals.

**Ages/Grade:** 3rd - 5th Grade

**Days:** Wednesday

**Time:** 3:40 - 4:40 pm

**Fee:** \$77 (4 Weeks)

**Instructor:** RFC Staff

**Program #:** 3200.119

**Dates:** January 23 - February 13

**Location:** French Road Elementary Multipurpose Room

**Program #:** 3201.119

**Dates:** February 27 - March 20

**Location:** French Road Elementary Multipurpose Room

**Program #:** 3202.119

**Dates:** March 27 - April 24

**No program:** 4/17  
**Location:** French Road Elementary Gymnasium

**Program #:** 3203.119

**Dates:** May 1 - 22

**Location:** French Road Elementary Gymnasium

#### SKI/SNOWBOARD LESSONS

Learn to ski or snowboard locally! Swain Resort at Monroe County Parks and Brighton Recreation have teamed up to offer an affordable 3 time lesson program at Northampton Park and is equipped with a gradual ski slope accessed by a single rope tow, and on site lodge. Program includes three, one hour lessons by Swain Instructors, Boots and Skis/Boards rentals. Helmets required if renting Snowboards, helmets not included. Ski programs are for ages 5+. Snowboard programs are for ages 8+.

**Ages/Grade:** 5 yrs and over

**Fee:** \$99 (3 Weeks)

**Location:** Northampton Park  
101 Hubbell Road,  
Spencerport, NY 14559  
**Instructor:** Swain Instructors

**Program #:** 3006.119

**Days:** Saturday

**Dates:** January 26 - February 9

**Time:** 11:30 am - 12:30 pm

**Program #:** 3007.119

**Days:** Sunday

**Dates:** January 27 - February 10

**Time:** 11:30 am - 12:30 pm

**Program #:** 3009.119

**Days:** Sunday

**Dates:** January 27 - February 10

**Time:** 1:30 - 2:30 pm

**Program #:** 3008.119

**Days:** Thursday

**Dates:** January 24 - February 7

**Time:** 6:00 - 7:00 pm



#### COED YOUTH VOLLEYBALL CLINIC

Get some exercise and learn volleyball rules, positions, and skills! This clinic is intended to be a fun and introductory program for kids from any district. Kids will learn the basics of overhand serving, underhand/overhand passing, rotation and volleying. Please have sneakers, gym clothes and a water bottle. Students from FRES can be bussed to the Brookside Recreation center, please contact the Brighton transportation department.

**Program #:** 3750.119

**Ages/Grade:** 3rd - 6th Grade

**Days:** Tuesday

**Dates:** January 22 - February 26

**No Program:** 2/19

**Time:** 4:00 - 5:15 pm

**Fee:** \$45 (5 Weeks)

**Location:** Brookside Recreation Center Large Gymnasium  
**Instructor:** Loren Mashewske



For more information on these and other programs call (585) 784 - 5260 or visit [www.townofbrighton.org/rec](http://www.townofbrighton.org/rec)