

OUTDOOR YOGA



Wednesday Afternoons

5:30 - 6:30 PM

Sept. 4 - 25, 2024



FOR MORE DETAILS CONTACT: 784-5260 XO

Registration: [townofbrighton.org/rec](https://www.townofbrighton.org/rec)

BRIGHTEN UP YOGA IS AN
OPEN-LEVEL VINYASA YOGA
CLASS THAT IS WELCOMING TO
BOTH BEGINNERS AND
EXPERIENCED YOGIS!

Fall Program Registration Tuesday, September 3!

We can't believe our summer programs have come to a close - thank you to everyone who has participated in summer camps, adult fitness classes, senior picnics, family fun Fridays, community events, and all other Brighton Rec events this summer! We hope you had as much fun as we did! With September upon us, Fall 2024 programs will be open for **Brighton residents to register at 9:00 am on Tuesday, September 3**. Browse now and register early! Non-residents can register on Tuesday, September 10. You can register online, by phone, mail, or in-person at the Recreation Office. We're always adding new programs, so be sure to check our website, follow us on Facebook, and keep your eye on our Friday emails for new and exciting programs!

See you soon at Brighton Rec!

[View All Programs](#)



Brighton Recreation Fall 2024 Programs are here!

A full list of programs offered can be found on our website.

Register online, by phone, mail, or in person at the Rec Office

FALL REGISTRATION

Tuesday 9/3

*non-residents 9/10

FOR MORE INFORMATION AND DETAILS Visit our website:

www.townofbrighton.org/rec

Community Events

Brighton Community Bike Ride

September's community bike ride is sponsored by Woman Tours and will be a bit longer (9-10 miles).

[VIEW ROUTE HERE](#)

Ages 11+, children must be accompanied by parent/guardian
Friday, Sept. 13 - 5:30 - 7:15 pm

[Register](#)



Brighton COMMUNITY BIKE RIDE



September 13, 2024

5:45 pm

Ride Sponsored by:

WOMANTOURS 

Get to know Brighton by bike!

Have fun getting familiar with bicycle infrastructure and lower-stress ways to bike around town with Reconnect Rochester.

Social Seniors @ Brighton Senior Center

Get Social at the Brighton Senior Center!

[Click Here to View September Edition of the Brightest Bulletin!](#)

Brown Bag Bunch Tuesdays

11:30 - 1:00 pm

[Register](#)

Sept. 3

Top Brass

Peter on Trumpet & Jeff on Trombone - big band, swing and jazz!

Celebrate this month's birthdays with cake provided by Gables at Brighton.

Sept. 10

Birds of Central New York

Rosemary Irwin will get us familiar with our native feathered friends.

Sept. 17

Upcoming Changes in Medicare

Will Bianchi provides an overview of what's new and different about 2024 Medicare plans. Ask questions and get answers!

Sept. 24

Mandala Art

In the ancient Sanskrit language mandala means "circle" Traditionally it's a geometric design or pattern in various heavenly worlds

SAVE THE DATE!

Lifespan's Annual
Fall Prevention Awareness Day

Thursday, September 19, 2024

10:00 am - 1:00 pm

Join Lifespan at the Brighton Farmers Market Barn for Interactive Demos, Vendors and More!

[Register](#)

Preschool Programs

Tap, Ballet, & Tumbling

3 - 6 years
Wednesdays @ 5:30 pm

[Register](#)

Music & Movement

2 - 3.5 years
Thursdays @ 9:15 am

[Register](#)

Super Soccer Stars - Parent & Me

1 - 2.5 yr old
Sundays @ 9:30 am

[Register](#)

Youth Programs

Lots of ways to keep kids busy this fall after school and on weekends! Reminder - programs may be cancelled due to low enrollment so register early!

Future Stars Tennis

6 - 18 years
Fridays @ 4:00 pm

[Register](#)

Rock Climbing @ RocVentures

6 - 18 years
Saturdays, multiple times

[Register](#)

FJ1 NFL Flag Football

5 - 10 years
Tuesdays, 6:00 pm

[Register](#)

Soccer Shots

multiple ages
Wednesdays/Saturdays, times vary

[Register](#)

After School Athletics

3rd - 5th Grade
Mondays @ 4:00 pm

[Register](#)

Tap, Ballet, & Jazz

3 - 7 years Mondays 5:15 pm
7 - 12 years Wednesdays :15 pm

[Register](#)

Horseback Riding Lessons

6 - 16 years
Multiple days/times

[Register](#)

Tae Kwon Do

K - 2nd Grade Thursdays @ 4:15 pm 3rd - 12th Grade Saturdays @ 4:15 pm

[Register](#)

Adult Sport & Fitness

Brighton Rec is offering so many ways to get active this fall! From Yoga to Pilates, Basketball to Pickleball, we have something for you!

Brighten Up Yoga

Wednesdays @ 5:30 pm

[Register](#)

Mat Pilates

Wednesdays @ 12:15 pm

[Register](#)

Water Exercise @ St. John Meadows Pool

Saturdays @ 9:30 am
Wednesdays @ 6:30 pm

[Register](#)

Yoga @ the Barn w/ Live Music

Saturday, October 5 @ 5:00 pm

[Register](#)

Pickleball Classes & Open Gym

Multiple Dates & Times!

[Register](#)

Indoor Disc Golf

Tuesdays @ 6:00 pm

[Register](#)

Gentle Yoga

Wednesdays @ 3:30 pm

[Register](#)

Adult Open Basketball

Mondays @ 7:30 pm

[Register](#)

Lifelong Learning Programs

New sessions of our popular classes will start in September - it's never too late to try something new!

Knitting Class

Open to all skill levels - beginner to experienced! Individualized instruction will be provided.

Mondays @ 10:00 am & Mondays @ 6:30 pm

[Register](#)

Painting Concepts

Ready to develop your painting style while working with the media of your choice? Our instructors are ready to guide you with individual attention and demonstration.

Tuesdays @ 6:30 pm

[Register](#)

FREE Games & Activities

Register ahead online or by calling 585-784-5260, then check in when you arrive.

Bridge Group Mondays, 1:00 - 3:30 PM
Register with a partner if you have one, but not required.

PLARN Group Tuesdays, 9:30 - 11:30 AM
Join this remarkable service project transforming plastic into mats for people experiencing homelessness.

Euchre Group Tuesdays, 1:30 - 3:30 PM
Bring your quarters & dimes.

Needleworks Wednesdays, 10:00 - Noon
A group for people who enjoy individual needlework projects. Bring your project, peer guidance is always available!

Mah Jongg Groups Wednesdays 1:30 PM, Fridays 1:00 PM
Bring the latest Mah Jongg card with you!

Short Story Circle 1st & 3rd Fridays, 10:30 - Noon
Do you enjoy discussing diverse short story genres and writers? Register to receive the reading schedule.

Rummikub Thursdays, 10:00 - Noon
A tile-based game that combines elements of rummy and mah jongg!

Scrabble Thursdays, 12:30 - 1:30 PM
Please call ahead to register.

See you soon at Brighton Rec!

Questions? Call the Brighton Recreation Department at 585-784-5260

Register online at www.townofbrighton.org/rec

GPS Address: 1666 S. Winton Road
Mailing Address: 220 Idlewood Road