



## Happy Friday from Brighton Recreation!

Fall 2025 programs are here and registration is open for all! Below you'll find information to register for some programs starting this month. Click the [View All Programs](#) below to find our online catalog for all of our Fall 2025 program offerings. If you have any questions about programs or how to register, please call the office at 585-784-5260 x0. See you soon at Brighton Rec!

[View All Programs](#)

## Preschool Programs



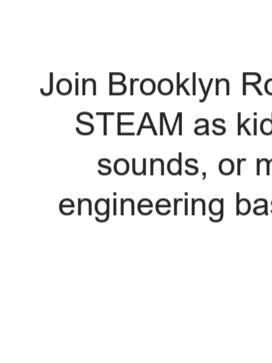
### Pee Wee Tennis

Fun drills are used to develop hand-eye coordination and to become familiar with the tennis court. Participants will also be taught how to hold and swing the racket.

Ages 3 - 6 yrs

Saturdays @ 10:30 am  
Sept. 13 - Oct. 4

[Register](#)



### Super Soccer Stars: Parent and Me

This parent-child pre-soccer program is designed for toddlers and focuses on nurturing physical, cognitive, and social skills through fun, engaging activities. Dive into a world of stimulating play alongside your little one!

Ages 1 - 3 yrs

Sundays @ 10:00 am  
Sept. 21 - Nov. 9

[Register](#)

## Youth Programs

### Intro to Tae Kwon Do for Children

This course for young children continues their training in the martial art and basic techniques and skills.

Grades Kindergarten - 2nd

Thursdays @ 4:30 pm  
Sept. 18 - Dec. 11

[Register](#)

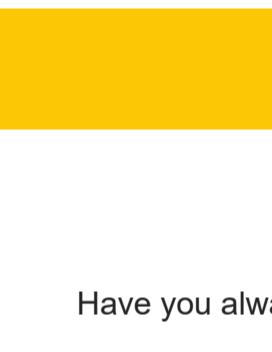
### Intro to Tae Kwon Do

Students will learn kicking, blocking, punching, and self-defense techniques while working on form basics.

Grades 3rd - 12th

Saturdays @ 2:45 pm  
Sept. 13 - Dec. 13

[Register](#)



### Soccer Stars

Empower your child through soccer with Soccer Stars - teaching life skills while ensuring they have fun and develop healthy habits from a young age!

Two age groups: 3 - 5 yrs and 5 - 8 yrs

Sundays @ 10:00 am  
Sept. 21 - Nov. 9

[Register](#)



### Future Stars Tennis

Led by Dyson Tennis Team, Future Stars will cover technical aspects to develop good tennis habits. JV/Varsity class covers technical and competitive drills.

Ages 6 - 18 yrs.

Fridays @ 4:00 pm  
Sept. 12 - Oct. 24

[Register](#)

## Adult Sport & Fitness

### Better Balance Bootcamp

Class takes place at The Barn at Buckland - 1341 Westfall Rd.

Tuesdays @ 9:15 am

Sept. 16 - Oct. 21

[Register](#)

### Gentle Yoga

Join us to relax mind and body, build strength, balance and flexibility. This is a gentle yoga flow with modifications offered to make class suitable for both beginners and experienced yoga students. Grab your mat and join us!

Wednesdays and Fridays @ 3:30 pm

Classes start Sept. 17

[Register](#)

Two class times available!  
Wednesdays @ 3:30 pm or Fridays @ 3:30 pm

### Brighten Up Yoga

This open-level vinyasa class includes movements and meditations that help brighten up your physical and mental health and help you feel stronger and more flexible in both body and mind.

Wednesdays @ 4:40 and 5:45 pm

Sept. 17 - Oct. 29

[Register](#)

### Water Exercise

This low-impact, high-energy pool workout is a great way to work on range of motion, endurance, and strengthening in the warm pool at St. John's Meadows! Appropriate for all fitness levels.

Wednesdays @ 6:30 pm

Saturdays @ 9:30 am

Classes start Sept. 24

[Register](#)

## Lifelong Learning

### Knitting Class

Have you always wanted to learn to knit? Join us for relaxation, fun and an opportunity to expand your knitting knowledge. Beginners and experienced knitters welcome!

Mondays 10:30 am & 6:30 pm

Classes start Sept. 15

[Register](#)

Tuesdays @ 6:30 pm

[Register](#)

### Intro to Art: Drawing

Designed for those who want to explore their creative side, this class will get you into art through approachable projects that make it easy to jump in whether you're sharpening old skills or starting fresh!

Tuesdays @ 12:30 pm

[Register](#)

### Painting Concepts

Ready to flex your creative muscles this summer? Painting Concepts provides instruction and demonstration while you create using the media of your choice. All experience levels welcome!

Tuesdays @ 6:30 pm

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