



VOLUNTEERS HAVE FUN!

CHOOSE FROM THESE GREAT SUMMER OPPORTUNITIES!!

OUTRIGGER CANOE



The Program: Up to 8 paddlers fill an outrigger canoe and tour the Genesee River, Red Creek, and the Erie Canal.

Your Role: Help load canoes in and out of water; Assist participants with transfers in/out of canoe and proper seating; Paddle in the boat as space is available.

Schedule: Tuesday & Thursday evenings, 5:30-8:00PM; weekday morning & afternoon times as needed; occasional weekend dates available.

Location: Genesee Waterways Center

ADAPTED CYCLING



The Program: Adapted cycles are available for cyclists to reserve for an hour. Cyclists ride the park, river and canal paths.

Your Role: Assist riders with ride prep (helmet, straps, etc); Ride a bike or rollerblade along with participants on riding trails, giving assistance on hills as needed.

Schedule: Mondays and some Wednesdays, 6:00-7:00PM and 7:00-8:00PM

Location: Genesee Waterways Center or Fairport Canal paths as scheduled

ADAPTED GOLF

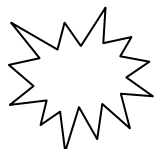


The Program: Golf clinics teach participants basic golfing skills or provide refresher training to long-time golfers. Golf scrambles are scheduled for golfers to experience the game in a fun, social setting.

Your Role: Golf volunteers are avid golfers who want to share their love of the game with others and provide golfers with tips for better play.

Schedule: Wednesday evenings, June – September, time varies 6-8:30PM

Location: Executive South Family Golf Center and Eagle Vale Golf Course



Can you volunteer at least four times this summer ?



Call or email now and we will set you up for a great volunteer experience in the programs of your choice! All volunteers will receive training in working in our adapted sports settings.

**Please contact: Anita O'Brien, SportsNet Manager, 1000 Elmwood Avenue, Rochester NY 14620
585.271.1894 ext.1742 aobrien@rochesterrehab.org; Fin us on the web at www.sportsnetny.org!**

SportsNet offers adapted sport and inclusive recreation opportunities

Go Ahead! Reach for it!