



# Adaptive Cycling 2011

Use our 3 wheel upright hand cycles, pedal cycles, and tandem pedal cycle and tour around Rochester and Fairport! Enjoy the beauty of Genesee Valley Park, canal and river waterways, and the views of downtown Rochester and Fairport!

## Weekly Ride Program



During the summer, a weekly ride program is held throughout the area, providing great riding opportunities along the Genesee River and the Erie Canal pathways. Reserve one of the adaptive cycles during our Monday night program and ride for an hour enjoying the sights and sounds of our parks and waterways. *(Reservation required through advanced registration.)*

### Program Name: Cycling Session 1

**Program Dates:** June 20, June 27, July 11, July 18, July 25

*(Choose one or more dates you wish to ride and enter this selection on the Registration Form.)*

**Program Time:** 6:00-7:00PM OR 7:00-8:00PM  
*(Choose 1 time slot per date you select and enter on the Registration Form.)*

**Location:** Genesee Waterways Center  
149 Elmwood Avenue *(behind pool)*

**Cost per ride:** \$10.00

### Program Name: Cycling Session 2

**Program Dates:** Aug 1, Aug 8, Aug 15, Aug 22, Aug 29

*(Choose one or more dates you wish to ride and enter this selection on the Registration Form.)*

**Program Time:** 6:00-7:00PM OR 7:00-8:00PM  
*(Choose 1 time slot per date you select and enter on the Registration Form.)*

**Location:** Erie Canal Boat Company in Fairport  
7 Liftbridge Lane West, Fairport

**Cost per ride:** \$10.00

\* If SportsNet cancels any of the above sessions due to weather, you will be rescheduled to a makeup date held the week of: September 12-16, 2011 at Genesee Waterways Center. No refunds will be given.

## Clinics



We advertise **FREE** riding clinics periodically during the season. These riding clinics are a great way for individuals to check out the variety of bikes in our fleet and determine, with staff and volunteer support, which bike might be best for you. If you are interested in scheduling a clinic for your group please contact SportsNet at **585.271.1894**. *(Reservation required through advance registration.)*

### Program Name: Cycling Clinic 1

**Program Date:** Saturday, June 18, 2011

**Program Time:** 10:30AM-12:30PM

**Location:** Genesee Waterways Center  
149 Elmwood Avenue  
*(behind ice skating rink & pool)*

### Program Name: Cycling Clinic 2 (Mini)

**Program Date:** Monday, July 18, 2011

**Program Time:** 5:00-5:45PM

**Location:** Genesee Waterways Center  
149 Elmwood Avenue *(behind pool)*

### Program Name: Cycling Clinic 3 (Mini)

**Program Date:** Monday, August 15, 2011

**Program Time:** 5:00-5:45PM

**Location:** Erie Canal Boat Company in Fairport  
7 Liftbridge Lane West, Fairport

**To Register:** Complete the Registration Form for the program(s) you are interested in. For additional information contact: Anita O'Brien, SportsNet Manager, 585.271.1894 X1742, aobrien@rochesterrehab.org. Find us on the web at [www.sportsnetny.org](http://www.sportsnetny.org)!