

## Recreational Tours



During the summer, SportsNet offers scheduled outrigger canoe tours. Paddlers can enjoy an outrigger canoe with family and friends while seeing awesome views of Rochester waterways, whether your route includes spectacular views of the Rochester city skyline and architecture of Frederick Law Olmstead, or wildlife sightings of kingfishers, egrets, Great Blue Heron, and turtles sunning on submerged logs. Seats are lowered and have backs offering extra support, balance, and stability to all paddlers. If assistance with transfers is needed, a mechanical lift is available on the dock. The program is open to anyone interested in outrigger canoeing. **Who can paddle?** Individuals or groups, 6 years of age or older (children and youth to age 14 must be accompanied by an adult). *(Reservation required through advanced registration.)*

### Program Name: Outrigger Rec Tours

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

**Step 1** Choose one of the three available tour packages listed:

<u>Number of tours</u>	<u>Cost</u>
1	\$15.00
3	\$40.00
6	\$60.00

**Step 2** Choose the date(s) you wish to paddle from the dates listed:

#### Available dates/times

Friday, July 8	6:00-7:30PM
Thursday, July 14	6:00-7:30PM
Wednesday, July 20	6:00-7:30PM
Wednesday, July 27	6:00-7:30PM
Thursday, August 4	6:00-7:30PM
Saturday, August 6	10:30AM-12:00NOON
Friday, August 12	6:00-7:30PM
Thursday, August 18	6:00-7:30PM
Saturday, August 20	10:30AM-12:00NOON
Friday, August 26	6:00-7:30PM

*\*Important Notes: Registration & payment must be received 5 days prior to the trip date. A minimum # of registrations is necessary to run a tour; a tour may be rescheduled in order to fill that need. Your tour will be confirmed 24-48 hours prior to the tour date/time. Tours cancelled due to inclement weather will be given rain dates later in the season.*

## Outrigger Fitness Program

Participants in the Fitness Program use the outrigger canoe for a unique exercise program. Participants focus on improving speed, endurance and aerobic condition by steady pace and interval training in the outrigger canoe. Paddlers may achieve personal fitness goals while paddling in the great outdoors. A trained steersperson leads the group during this program. Target Audience: Individuals or groups, 14 years of age or older, who wish to use the outrigger as a fitness training program. *Accessible to people with physical disabilities or medical conditions. (Reservation required through advance registration.)*

### Program Name: Outrigger Fitness 2

**Program Dates:** Tuesdays Aug 2, 9, 16, 23  
Thursdays Aug 4, 11, 18, 25

**Program Time:** 6:00-7:30PM

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

**Cost:** \$10.00 per date OR  
Discount for ALL 8 \$70.00

**AUGUST SESSION  
NOW A LA CARTE! Sign  
up for dates you want!**

**Please sign up AND pay for dates at least  
one week in advance.**

**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](mailto:aobrien@rochesterrehab.org). Find us on the web at [www.sportsnetny.org](http://www.sportsnetny.org)!