

Sailing Clinics



We offer Sailing Clinics during summer months to introduce participants to the world of sailing. SportsNet partners with the Rochester Yacht Club to hold these clinics, allowing participants to experience the thrill of the wind in the sails while cruising out of the Port of Rochester and along Lake Ontario's waters. Two hour time slots are available on various dates. A 5-person Sonar sailboat provides adaptive seating options. A hoist-lift is on deck to provide transfer assistance if needed. Experienced sailors captain the boats and provide a safe learning environment.

(Reservation required through advance registration.)

Program Name: Sailing Clinics

Program Dates: Saturday, July 9, 2011
Saturday, July 23, 2011
Saturday, August 13, 2011

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

Program Times: 9:00AM-11:00AM or
11:00AM- 1:00PM

(Choose the time you would prefer to sail and enter the selection on the Registration Form. We will try to meet your preferred time. Due to seating needs, you may be asked to sail at the other time. We will notify you prior to the sailing clinic to confirm your sail time.)

Location: Rochester Yacht Club, 5555 St. Paul Blvd., Rochester, NY 14617.
Park near the white instruction building just after the entrance hut. Our clinics meet on the docks behind that building.

Cost per two hour sail: \$20.00 per person

Please submit a Registration Form for each person who will be sailing.

* If SportsNet cancels any of the above sessions due to weather, you will be rescheduled to a makeup date. No refunds will be given.



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!