



A joint project of the Rotary Clubs of
Northbridge & North Sydney

The Rotary Clubs of Northbridge and North Sydney have joined forces to give people with disabilities the opportunity to discover firsthand the wonderful experience of sailing.

Members of both clubs and MHYC volunteer their time to assist the sailors both on and off the water. Members of the public who wish to participate are also welcome.

Ramp facilities allow wheelchair access to the floating pontoon and a purpose built crane and sling allows the volunteers to get the more seriously disabled sailors into the dinghies, carefully and easily.



*Contact: Sailing Coordinator,
Sally O'Neill*

0411 886 539



*Introducing people with
disabilities to the joys
and freedom of sailing*



MIDDLE HARBOUR

Safety first...

Our volunteers have all been trained to treat our special sailors with the greatest of care and respect.

Both sailors and volunteers must wear life jackets whilst sailing and the specially designed Access 303 sailing dinghies are virtually impossible to capsize. As an extra precaution, a safety boat is always on hand.

If the weather is not suitable for safe sailing, one of our experienced volunteers will call a halt to the day's proceedings.



What to wear...

You will need soft sole shoes, sun hat, shorts, a spray jacket (or jumper) and a hat with a cord – so that it won't blow away.

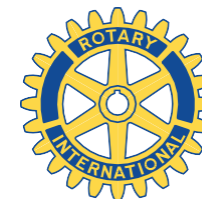
Sunglasses and 30+ sun block are also recommended on sunny days.

Your compulsory life jacket is supplied.

What does it cost...

Casual sailors pay \$5 for the day's sailing. We encourage regular sailors and volunteers to join Sailability Middle Harbour at a cost of \$40 annual membership. There is no joining fee.

Friendship, fun & freedom!



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Where and when...

Our sailing area is to the south of Middle Harbour Yacht Club – off Chinamans Beach (map on back page).

We sail from 9.00am to 1.00pm on the second and last Sunday of each month.

How to participate...

Volunteers are greatly rewarded by the smiles on the faces of the delighted sailors. To assist, call Sally O'Neill on 0411 886 539 who will confirm details of our next sailing day.



If you wish to sail with us, please book with Sally and she will advise the time to turn up. There are disabled parking spots available in front of Middle Harbour Yacht Club.

Happy sailing!