



A **bicycle camp** for people with disabilities to learn how to ride a conventional bicycle

June 18 – June 22, 2018

Enrollment is limited to 40 participants; first come, first served.

Registration begins March 1, 2018 | eastersealscrossroads.org

Program Goal

Children and adults (ages 8 and up) with disabilities (such as autism, developmental delays, Down syndrome and cerebral palsy) are taught how to ride and transition to a conventional bike within a 5-day period. The program utilizes adapted bikes and techniques developed by Dr. Richard Klein, a retired professor of mechanical engineering from the University of Illinois.

Program Success Rate

- Individuals who have benefited most from the program are those who have use of all limbs, adequate vision to see and avoid obstacles and, above all...the desire to ride a bicycle.
- Most people enrolling are those capable of riding a bicycle with training wheels; however, it may be with some difficulty or hesitation.
- Approximately 80 percent of the camp participants are able to independently ride a two-wheeled bicycle by the end of the week.

Need and Benefits

This is a great opportunity to improve the quality of life for individuals with disabilities. Benefits from independent bike riding include higher self-esteem, peer inclusion, improved exercise opportunities, increased stamina, increased cognitive stimulation, improved health and better decision-making skills.

I Can Bike is offered at Perry Park Ice Skating Rink

(located at 451 E. Stop 11 Road, near Meridian Street intersection)

Facility provided courtesy of Indy Parks and Recreation

For enrollment information,
contact Lisa at

Easterseals Crossroads

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**For more information
about the program, visit
www.icanshine.org**

Session Cost: \$130 per person

Each participant is enrolled in the same 75-minute session per day for 5 consecutive days.

- Session 1 • 8:30 - 9:45
- Session 2 • 10:05 - 11:20
- Session 3 • 11:40 - 12:55
- Session 4 • 2:00 - 3:15
- Session 5 • 3:35 - 4:50



presented by

