



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

June 19 – June 23, 2023

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

Program Goal

Individuals (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. For more information about the program, [visit icanshine.org](http://visit.icanshine.org).

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 camp participants are able to independently ride a two-wheeled bicycle by week's end.

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.

iCan Bike is offered at Perry Park Ice Skating Rink

Facility provided by Indy Parks and Recreation and is located at 451 E. Stop 11 Road, near Meridian Street intersection.



For information, contact Lisa at

Easterseals Crossroads

3215 E. Thompson Road, Indianapolis, IN 46227

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Participants are enrolled in the same 75-minute session each day for five 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

Session Cost:
\$160 per person

Register Now!



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