



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

**June 17 – June 21, 2024**

*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*

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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:**  
**\$175 per person**

Register Now!



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