

iCan Bike

Learn to Ride a Bike for Children and Youth with Special Needs (Ages 8 -18)

Dates: ORIENTATION – Sunday July 8, 2018 at 4:00-5:00 p.m.
Orientation Session for Parents
(parents and caregivers only please)

PROGRAM - July 9- 13, 2018
* Must be able to attend all five days
* Limited spaces are available.

Time: Participants register for the same session # every day
Session #1: 8:30 a.m. – 9:45 a.m.
Session #2: 10:05 a.m. – 11:20 a.m.
Session #3: 11:40 a.m. – 12:55 p.m.
Session #4: 2:00 p.m. – 3:15 p.m.
Session #5: 3:35 p.m. – 4:50 p.m.

Location: Stronach Recreation Centre
1221 Sandford, London, Ontario, N5V 2J8

Cost: \$200



How to find out more:

To inquire about your child's potential participation or express interest in this program, contact Jolanta at 519-685-8700 ext 58694. Jolanta will book a phone consultation for you with a TVCC therapist to discuss what bike service might be the best fit for you and your family.

The iCan Bike program is designed to help children and youth with special needs achieve an important life milestone. Learn to ride a two-wheeled bike with the iCan Bike program. www.icanshine.org

The iCan Bike program is an intensive skill-development program that focuses on learning to balance on a bike with the goal of riding a two-wheeler independently. The program uses unique adapted bicycles to help participants gain the skills and confidence they need to gradually transition to a regular two wheeled bicycle. Participants will transition to their **own bike** during the week. Participants and caregivers attend the same session for 75 minutes each day for five days.

There are specific requirements for participation in the iCan Bike program. These criteria are important as they will help ensure success in achieving the goal of riding a two-wheeler independently. Requirements include: be able and willing to wear a bike helmet for the duration of the program, be able to sidestep to both directions, be able to walk without an assistive device, have inseam of at least 20", weigh no more than 220 pounds, and be able to follow direction in a group setting.

Riding a bike is a **fun** childhood activity with **family** and **friends**. Thames Valley Children's Centre offers a range of bike services tailored to the skills and abilities of your son or daughter with special needs. Contact a Recreation Therapist tr@tvcc.on.ca or 519-685-8700 ext 53374 if you have questions.