

Bike Clinic 2019

Cycling Is For Everyone

Dates: Mondays, April 8, 15 & 29,
May 6 & 13 and June 3, 10 & 17,
2019

Time: Sessions are available between
3:15 p.m. – 6:15 p.m.

Location: Thames Valley Children's Centre
779 Base Line Rd, London

Registration:

Please contact Sandra Ryall at
519-685-8700, ext 53478 or sandra.ryall@tvcc.on.ca to book an appointment.
Therapists can also forward an internal referral for "Bike Clinic" on behalf of
families.



Additional Information:

Parking in Visitor Lot 7 at \$4/hr. If you have questions about the Clinic, please contact Rachel Ireland, **Recreation Therapist** at 519-685-8700 Ext 53464 or rachel.ireland@tvcc.on.ca or Cheryl Scholtes, **Physical Therapist** at 519-685-8700 Ext 53407 or cheryl.scholtes@tvcc.on.ca

Biking with family and friends is a great way to enjoy the outdoors, exercise and simply have fun! During a Bike Clinic appointment, children/youth and their parents/caregivers will have an opportunity to meet with the Bike Clinic Team, including a physiotherapist, a recreation therapist and a technician.

Your child's abilities and bike riding goals will be explored. The team will help determine what type of bike, adaptations, and tips and tricks would make riding a bike successful. At the completion of the appointment, the team, with the support of the family, will provide strategies, suggestions and resources to meet your child and family's bike riding goals.