

# Bike Clinic 2020

## Cycling Is For Everyone

**Dates:** Mondays, April 6 & 20  
May 4, 11 & 25 and June 8 & 15,  
2020

**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 Heather Pimperton  
at 519-685-8700, ext 53395 or  
[heather.pimperton@tvcc.on.ca](mailto:heather.pimperton@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](mailto:rachel.ireland@tvcc.on.ca) or Cheryl Scholtes, **Physical Therapist** at 519-685-8700 Ext 53407 or [cheryl.scholtes@tvcc.on.ca](mailto: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.