



# Franciscan Adaptive Bike Camp

**Location:** Franciscan Hospital for Children in Brighton - outdoors weather permitting or in our gym

**Date:** August 18-22, 2014

**Times:** Session 1: 9:30 AM - 10:45 AM (Limit 15 children)  
Session 2: 11:00 AM – 12:30 PM (Limit 15 children)  
Session 3: 1:15 PM – 4:00 PM (Limit 15 children)

The 2 shorter morning sessions are for children who are just learning to ride and require a shorter exercise session. The longer afternoon session is for older children who are able to ride and are working on their endurance and advanced bike skills.

**Goals of this one-week bike camp are to:**

- 1) Select the most appropriate adapted bicycle for each child and perform a helmet fitting
- 2) Teach new (pedaling, steering, using brakes) or advanced bicycle riding skills (hills, turns) and “rules of the road”
- 3) Improve each child’s biking endurance

**Participants:** The program is open to school-aged youth with disabilities who would like to learn how to ride an adapted bicycle or improve their riding skills. Adaptive bikes are available at FHC or children may bring their own bike.

**Camp Staffing:** Therapists from Franciscan as well as local college students will staff the program. We will have a 1:1 child to staff ratio.

**Cost:** Sessions 1 and 2: \$25/child for the week-long program and \$50 for Session 3. We have received funding from many generous individual donors contributing to the Steve Haley Active Recreation for Kids (SHARK) Fund, the Dunkin Donuts Baskin Robbins Community Foundation, Bessie Pappas Foundation, Finish Line Youth Foundation, Genzyme, Liberty Mutual Foundation, and the Peabody Foundation. All camp participants will receive a camp T shirt.

**Preregistration required:** For more information or to register your child for one of the sessions please contact physical therapist Maria Fragala-Pinkham at [mfragala@fhfc.org](mailto:mfragala@fhfc.org)

