



# Franciscan Adaptive Bike Camp

**Date:** August 17<sup>th</sup> -21<sup>st</sup>, 2015

**Times:** Session 1: 8:30 AM - 10:15 AM  
Session 2: 10:30 AM – 12:15 PM  
Session 3: 1:00 PM – 4:00 PM

The shorter morning sessions are for children who require a shorter exercise session. The longer afternoon session is for children who are working on their endurance and have some experience riding a bike.

## Goals for this one-week bike camp are to:

1. Select the most appropriate adapted bike or adjust child's own bike for optimal riding and perform a helmet fitting
2. Teach new (pedaling, steering, using brakes) or advanced riding skills (hills, sharp turns, riding in line in a group) and "rules of the road" using an adaptive bike or regular bike.
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, improve their riding skills, or learn to ride with or without training wheels. All participants will receive a camp certificate and a T-shirt.

**Camp Staffing:** Therapists from Franciscan direct the group activities and local college students provide one to one coaching assistance.

**Cost:** Session 1 & 2: \$25/child for the week-long program; Session 3: \$50/child. We have received funding from the Steve Haley Active Recreation for Kids (SHARK) Fund, Genzyme and Boston College Foundation to help with camp costs.

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

**Preregistration required:** A pre-camp evaluation will be scheduled to determine baseline skills and biking needs. 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).

