

NLSD iCan Bike Camp Information

Location: Spencer Crossing Intermediate
1711 Spencer Road
New Lenox, IL 60451

Camp Dates: June 12-June 16, 2021

Orientation Date: June 11, 2023 at 4:00pm

****Parents/Volunteers Only****

Session Times: Riders attend one 75 minute session each day for 5 consecutive days.

Session 1: 8:30-9:45am

Session 2: 10:05-11:20am

Session 3: 12:25-1:40pm

Session 4: 2:00-3:15pm

Session 5: 3:35-4:50pm

Volunteer Registration Dates:

Beginning November 1, 2022

Rider Registration Dates:

Residents: Beginning January 9, 2023

Non-Residents: Beginning March 6, 2023

****Space is limited as our camp will host 25 riders.**

Cost: \$200 New Lenox Residents

\$300 Non-Residents



Where can I sign up?

For more information and to submit a registration form for a rider or to volunteer, please visit our website at:

www.nlsd122.org

Parents and volunteers will receive an email confirmation following registration. Parents will also receive information on how to submit payment for the camp.

Please do not hesitate to contact us with any questions.

New Lenox School District 122
Special Education Department
(815) 485-2169



New Lenox School District 122



www.icanbike.org

iCan Bike Goal...

The goal of iCan Bike is to teach individuals with disabilities to ride a conventional two-wheel bicycle and become lifelong independent riders.

This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.

What we do. iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle.

Riders attend one 75 minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by volunteer "spotters". Over the course of the week we continually adjust the bikes in an effort to challenge riders balance as they gradually discover the skill and joy of riding.

Does it work? Parents, teachers and therapists describe our results as miraculous. Many of our riders have tried for years to learn to ride a bike without success. In one week approximately 80% of

riders will learn to independently ride a two-wheel bicycle. The remaining 20% make tremendous progress towards that goal.

Who participates?

Riders are children ages eight and up as well as teens and adults who have a diagnosed disability and are able to side-step and walk without assistive devices.



Local hosts. iCan Bike programs are conducted with local organizations and individuals that coordinate the week-long event in their community. Hosts are responsible for providing funding, a suitable facility, riders, and volunteer spotters.

Interested in becoming a volunteer...

New Lenox is seeking individuals 15 years old and above who are interested in playing an important part in helping our special riders learn to ride a two-wheel bicycle independently. If you are interested, please visit our website for more information.

www.nlsd122.org



Success in learning to ride a bicycle is a major milestone in anyone's life. When learning has been a struggle, the accomplishment and its impact is much greater. We observe that learning to ride a bicycle infuses the rider with confidence and an improved self-image that has a positive ripple effect into many other aspects of their lives. Their families benefit in many ways and volunteers are positively impacted by the experience as well.

