



A Lose the Training Wheels™ Camp

Sponsored by:

Lincoln Land Down Syndrome Society/Autism Society of America Central Illinois Chapter

- Who:** This camp is designed for people ages 8 and up with developmental disabilities who desire to learn to ride a two-wheel bicycle. Each participant will receive one-on-one training and assistance.
- How:** Participants are taught on specially modified bicycles furnished by the camp. The entry level bike is specially designed not to tip over. When a participant masters a certain bike, instructors will introduce subtle changes. The goal for each participant is that he or she be able to ride a two wheel bicycle without modifications by the end of the 5-day camp.
- When:** June 20th-24th, 2011. The camp has five 75-minute sessions (each participant will be on his or her bike for 75 minutes per day). When selecting a session, please choose the time of day when the participant will be the happiest and easily motivated!
- Where:** Franklin P. Nelson Center, 1601 N. 5th Street, Springfield, Illinois. 217-753-2800
- Why:** When a person learns to ride a bike, they tend to rely on training wheels rather than balance. As children become older, the training wheels are not large enough to support the rider. This camp teaches participants to find their center of gravity without relying on training wheels.
- Cost:** Tuition is \$200.00 per participant.

For more information, including how to register, go to www.LLDSS.org or www.asacic.org.

If you have questions, please e-mail Becky Johnson at rjbj_home@comcast.net or call 217-416-0385.

For more information about the Lose the Training Wheels™ Program, go to www.losethetrainingwheels.org.

For more information about Lincoln Land Down Syndrome Society, go to www.LLDSS.org.

For more information about Autism Society of America Central Illinois Chapter, go to www.asacic.org.