



# DSAJ Presents

## Lose The Training Wheels

July 19<sup>th</sup> – 23<sup>rd</sup>



Lose The Training Wheels (LTTW) is an opportunity for children with disabilities to develop the skills and confidence needed to ride a two-wheel bike for the first time. LTTW uses specially adapted bikes so children progressively build their coordination and balance. Trained instructors start the children on very stable roller bikes and as proficiency is gained, they move to more challenging models until they are riding a standard bike. Volunteers jog alongside each bicycle, encouraging the children and sharing in their joy.

### Requirements:

- Minimum 8 years of age
- Minimum height is 40 inches OR a minimum inseam measurement of 22 inches
- Maximum weight is 250 pounds
- Able to sidestep quickly to each side
- Able to wear a properly fitted bike helmet
- Able to keep head up, and maintain contact with pedals and handlebars
- Adequate strength and stamina to ride 75 minutes for 5 days
- Motivated, or able to be motivated, to learn to ride a bike

- When:** July 19<sup>th</sup> – 23<sup>rd</sup>. Each session is 75 minutes a day for all 5 days
- Where:** Harvest Fellowship Church Gym - 3844 Burnett Park Road, Jacksonville
- Cost:** \$100. DSAJ is subsidizing the majority of the cost of the camp, however the camp recommends we charge a fee for attendance
- RSVP:** We have only **10** spaces available for this camp. Spots will be awarded on a first come-first serve basis. When calling or e-mailing, please provide a preference for timeframe (early morning, mid morning, early afternoon or late afternoon). RSVP to [debbie.revels@dsaj.org](mailto:debbie.revels@dsaj.org) or call (904) 353-6300
- Volunteers:** The camp requires 30 volunteers, each giving 90 minutes a day of their time M-F. Please help us if you are available. Call Debbie for more information.