



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# iCan Shine Bike Camp

## Adaptive Bike Camp

### ICAN BIKE CAMP

iCan Shine provides quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine! From July 17– Jul 21, iCan Shine's iCan Bike program will be in Houston, TX at the Langham Creek YMCA to teach individuals with disabilities how to ride a conventional bike and become a lifelong independent rider!

**REGISTRATION:** Apr 1st—July 7th

**PARENT/ VOLUNTEER MEETING:** July 16

**CAMP DATES:** Jul 17– Jul 21 (75 min session Monday– Friday)

**FEE:** \$250

### PARTICIPATION REQUIREMENTS:

- Ages 8+; An offer will be extended to those 7 years of age if spaces are available.
- Able to walk without assistive devices
- Cannot not exceed 220 lbs

### HOW IT WORKS

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program and a trained staff to teach individuals with disabilities how to ride a bike. Riders attend the same 75-minute session each day for five consecutive days (M – F) whereby they are physically assisted and encouraged by two volunteer "spotters".

Over the course of the 5-day camp the adapted bike is adjusted to gradually introduce more instability in an effort to challenge riders at their own individual pace. The week is concluded with a touching and inspiring award ceremony!

For more information, contact Kendra 281-859-6143 or email [Kendra.Williams@ymcahouston.org](mailto:Kendra.Williams@ymcahouston.org).

### LANGHAM CREEK FAMILY YMCA

16725 Longenbaugh Dr., Houston, TX 77095

281-859-6143



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# NO DAYS OFF

## Summer Adaptive Activities



### SUMMER

#### Basketball

Participants learn basic basketball skills: positions, dribbling, passing, and defending.

**REGISTRATION:** Jan 1– June 15

**JERSEY PICK-UP:** Week of June 12th

**SEASON:** Jun 19– July 31

No games July 3

Games are held on Mondays and Wednesday

**FEE:** Free

#### Swim

The Y offers an individualized swimming lesson curriculum within a small group session. Classes are taught by trained instructors who emphasize personal safety, swimming skills, endurance and social skills while guiding students with praise and encouragement.

**REGISTRATION:** Now– Aug 1st

**SEASON:** June 26– July 26

July 31– Aug 23

Practices held on Mon/ Wed or Tue/Thurs

**FEE:** \$70 Facility Members / \$105 Program Members

#### iCan Bike Camp

iCan Shine provides quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!

**REGISTRATION:** Apr 1st–July 7th

**PARENT/ VOLUNTEER MEETING:** July 16

**CAMP DATES:** Jul 17– Jul 21

75 min session Monday– Friday

**FEE:** \$250

#### Superheroes Night Out

Enjoy a night out on the town while the kids have fun at the Y. Entertainment for the kids include movies, obstacle courses, games and more.

**REGISTRATION:** Now– One day before Event

**DATE:** Jun 17 6:30–9:30 pm

July 15 6:30–9:30 pm

Aug 19 6:30–9:30 pm

**FEE:** Free

**REQUIREMENTS:** Current Participants ONLY.

For more information, contact Kendra 281-859-6143 or email [Kendra.Williams@ymcahouston.org](mailto:Kendra.Williams@ymcahouston.org).

#### LANGHAM CREEK FAMILY YMCA

16725 Longenbaugh Dr., Houston, TX 77095



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.