



# iCan BikeCAMP



Down Syndrome  
**FOUNDATION**  
OF FLORIDA



## CAMP SPECIFICS

**When:** July 19 – July 24

75 minutes per session

**Sessions:** 8:30am, 10:05am,  
11:40pm, 2:00pm, and 3:55pm

**Where:** Orange County Convention  
Center (International Drive, Orlando)

**Requirements:** A good attitude, a  
team spirit mindset and the ability to  
walk/jog for up to 75 minutes.

**Registration:** Go to [www.dsfflorida.org](http://www.dsfflorida.org)

Want to have a summer experience that will stick with you for the rest of your life? **VOLUNTEER WITH US!** This 5 day summer camp / volunteer opportunity is a one of a kind experience. When a child is able to master riding a bicycle the benefits become instantly evident. What we didn't realize at our first camp was that the benefits go beyond the individual who learns to ride the bike – the satisfaction in helping someone accomplish a milestone in their life is meaningful to both the rider and the volunteer. **THIS JULY YOU CAN HELP MAKE DREAMS COME TRUE!**

## READY TO HAVE A LIFE CHANGING SUMMER?

The Foundation is proud to host our ninth annual **iCan BIKE CAMP** this summer and we are looking for a few **GREAT VOLUNTEERS**. This camp offers opportunities for **VOLUNTEERS** to help participants with unique abilities develop the skills and confidence they need to ride a two-wheel bike for the first time.

Our volunteers have told us that the iCan Bike camp was one of the most rewarding volunteer opportunities they have ever had. They also tell us over and over again that they want to return for our next event and the next camp. We try to make your experience with us fun and meaningful.

For this camp we use specially adapted bikes which allow participants to progressively build the coordination needed to ride independently. A trained instructor starts the child on a bike with wide rollers to help balancing and as they gain proficiency, they are handed off to our volunteers and gradually move to more challenging models. Volunteers jog alongside each bicycle, cheering and supporting the rider throughout the week – giving them your support and building their confidence. By the end of the week, most bikers are riding a standard bicycle because of **YOUR** help!



### What our volunteers are saying:

I thought I was coming to this camp to help someone who had 'challenges' – what I walked away with was so much more! The participants are some of the most amazing people I have ever met. I was so inspired and I made some really great lifelong friends.