



Learn to Ride a Bike This Summer!!

East St Paul Arena

July 28th to August 1st

Monday to Friday



Bike Program: iCan Shine is a nonprofit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle through its' iCan Bike program.

Rider Requirements: Limited spots available

Must be a least 8 years old at start of camp and have a disability

Must be able to walk without an assistive device and sidestep to both sides

Must be able to attend the same 75-minute session each day of the 5-day camp

**Must be under 220 lbs. and have a minimum inseam measurement of 20"
(measure from floor with sneakers on)**

Volunteer Requirements:

At least 16 years old (unless accompanied by an adult)

**Able to attend 90 minutes at the same time each of the 5 days of camp
(15 minutes of training/daily debriefing)**

Able to provide physical, emotional and motivational support to assigned rider

Able and willing to get some exercise (light jogging/running) for a great cause!

**Those interested in attending the camp as a Rider or Volunteer please
email us to icanshinewpg@gmail.com or by phone(204)471-3569**

Camp Hosts : Sean and Lori Frain

For more information, please visit the iCan Shine website www.icanshine.org