



iBIKE



Inclusive Biking Program for Everyone, Everywhere

WHAT IS iBIKE?

- A program to teach children and adults with disabilities how to ride a bike
- The program uses a variety of teaching methods, games and bike modifications
- The program is led by physiotherapists and occupational therapists who have an understanding of skill development and the challenges facing the disabled rider

WHO CAN ATTEND?

- Children and adults with physical or intellectual disabilities
- Children and adults who are having difficulty learning to ride a bike

WHEN AND WHERE?

- 2021: Saturday, September 18th from 9am-12pm, Pearlgate Track & Field
- Saturday, June 12th, and Sunday, July 25th
- 2020: Cancelled due to Covid-19
- 2019: June 29th & Sept 14th from 9am-12pm, Pearlgate Track and Field Complex, 120 Old Placentia Rd, Mount Pearl, Newfoundland, A1N 2X1.

HOW TO REGISTER?

- Step 1: Register as a **GENERAL** Bicycle NL (BNL) member through this link: <http://bicyclenl.com/membership/#registration>
- Step 2: Email info@balance.com to complete registration.