

# Stride Through Summer

## 2019 Pediatric Gait Summer Camp



Led by our pediatric physical therapists, Stride Through Summer is a program for children looking for a challenge. It will include high intensity exercise and activities to improve gait, higher-level mobility skills, balance, strength and endurance.

Participants will be provided with education and resources to help transition the skills they have achieved back to their community, school and home environments.

A physician referral/prescription is required to participate in the camp. Participants must have an insurance policy that will cover group therapy.

All sessions will be held at:

Shirley Ryan AbilityLab, 13th Floor  
345 E. Superior St.  
Chicago, IL 60611

**To sign up, please contact  
Lauren Eckerle at 312.238.6129  
or [leckerle1@sralab.org](mailto:leckerle1@sralab.org)**

Shirley Ryan  
**Abilitylab**<sup>®</sup>

### **Baby Sharks (ages 5-8)**

Monday - Thursday

July 22 – August 2

3:30 – 5:00 pm

Participants must be able to:

- Climb stairs with 1 handrail and minimal help
- Walk for 2 minutes with or without assistive device with minimal help
- Transition from the floor to standing with minimal help
- Follow simple three-step or complex two-step commands like touch your knee then pretend to talk on the phone

### **All Stars (ages 9-18)**

Monday - Thursday

July 22 – August 16

5:00 – 6:45 pm

Participants must be able to:

- Climb stairs with 1 handrail without help
- Walk for 6 minutes with or without assistive device with no help
- Transition from the floor to standing without help
- Follow simple three-step or complex two-step commands like touch your knee then pretend to talk on the phone