

Stride Through Summer

2023 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.



To sign up, contact us at
pedsamps@sralab.org
or 312.238.1139

Baby Sharks (ages 3–6)

Monday, Wednesday, Friday
July 10–August 4 from 9:30–11:30 am
355 East Erie Street, 18th Floor

Participants must be able to:

- Sit safely for 1 minute with distant supervision
- Climb up and down stairs (walking or crawling) with close supervision
- Walk for 2 minutes with or without assistive device with distant supervision
- Transition from the floor to standing with minimal help
- Follow a simple two-step command
- Mask and practice social distancing
- Be toilet trained or able to verbalize the need to use the bathroom. If not toilet trained, the parent will need to stay on the floor to assist.

All Stars (ages 7+)

Monday–Thursday
July 17–August 10 from 5–7 pm
345 East Superior Street, 13th Floor

Participants must be able to:

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

Shirley Ryan
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