



## Biking Programs

### Toronto

**Steps Programs Xceptional Biking at Toronto Rehab**

*The goal of Xceptional Biking is to introduce the concept of independent cycling for children and youth of all abilities through specialized instruction and in some cases adapted technology.*

*Ages: All Ages*

*All Abilities*

416-771-2217

Toronto Rehab - 347 Rumsey Rd

Jesse Sequin - [jesse@stepsprograms.com](mailto:jesse@stepsprograms.com)

<http://www.stepsprograms.com/special-needs-bike-program.html>

### Barrie

**City of Barrie – Hand Biking**

*Through a supported and sensory aware environment, this program will teach children and adults with disabilities to ride bikes and/or operate hand bikes. Each week, participants will receive one-on-one attention in addition to group led interactive lessons. While encouraging confidence and fun, the focus of the program will be teaching participant's bike handling skills that will allow them to be both comfortable and successful using a bike. Participants are welcomed to bring their own bikes or use a hand bike that is provided. Please bring your own helmet.*

*Ages: 10+ yrs*

*All abilities*

705-739-4220 x 5789

Lampman Lane Community Centre

Recreation Programmer - Inclusion Services

<https://www.barrie.ca/Living/RecreationPrograms/Pages/default.aspx>



## Various Locations

### **All Sports All People – Hand Cycling**

*Hand cycling is one of our more laid-back programs, it gives participants the ability to be independent but also learn the technical side to riding, with the opportunity to get outdoors and enjoy the ability to venture out and have total control over where you go.*

Various

*Ages: All Ages*

*All Abilities*

*Brad Bowden –  
bradbowden@allsportsallpeople.com*

<https://www.allsportsallpeople.com>

## Adapted Bike Vendors

**Motion Specialties**

**Freedom Concepts**

**Trivel**

**Freedom Bikes and Trikes**

**Flaghouse**