

Adaptive Cycling

Description:

Enjoy the great outdoors, experience a great cardiovascular workout and join in a group bonding experience by participating in our group cycles as we explore various local cycling routes. Rancho cycles available for participant use include low hand cycles, upright hand cycles and three-wheeled cycles. Participants may bring own cycle or borrow one of Rancho's.

Expected Group Outcomes:

- Build strength and endurance
- Build confidence
- Increase self-esteem
- Improve fine/gross motor skills
- Increase knowledge of leisure pursuits

Participant Criteria:

- Must have completed an AOA Physical Evaluation with Recreation Therapy
- Must be able to provide own transportation to the location
- Must be able to transfer onto and off the cycle independently or with supervision
- Must be able to cycle independently for at least two hours
- Weight limit is 250 lbs. for participants using the Rancho cycles
- Must wear a helmet while riding (your own or one of Rancho's)

Group size:

Unlimited for participants bringing their own cycles. We accept a limited number of participants using Rancho hand cycles at a first-come first-serve reservation basis. **Must RSVP in advance to reserve a Rancho cycle**

Cost per Participant:

FREE

Activity Waivers/Paperwork required (if applicable):

Rancho Waiver of Liability (*new waivers required every year*)

Frequency per Month:

- Occurring 1-2x per month
- Must reserve 2 days in advance

Misc. Info:

Location varies: Long Beach Bike Path, Redondo Bike Path, Venice Beach Bike Path, El Dorado Park Bike Path, Sunset Beach Bike Path, and Santa Fe Dam

Adaptive Cycling Pictures

