

# Stride Through Summer

## 2025 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 or prescription is required to participate in the camp. Participants must have an insurance policy that will cover group therapy.

Individual evaluations lasting 60–90 minutes are required pre-and post-camp.

The final decision regarding camp placement will be determined by the therapy team to ensure the best for each participant.

### Mini Movers (ideal ages: 5–9)

Monday, Wednesday, Friday  
June 24–July 19 from 9–11 am  
355 East Erie Street, Floor 18

### All Stars (ideal ages: 8+)

Monday–Thursday  
July 14–August 8 from 5–7 pm  
355 East Erie Street, Floors 23 & 24

### Camp will include:

- High intensity gait training through treadmill training and circuit training
- Increasing endurance and strength through age appropriate activities
- Occasional community outings to park and/or throughout Shirley Ryan AbilityLab
- Monitoring participant intensity through wearable tech and/or visual scales

### Participants must be able to:

- Sit safely with distant supervision
- Climb up and down stairs with no more than one handrail and minimal help
- Walk for 10 minutes with or without assistive device with distant supervision
- Transition from the floor to standing with minimal help or an assistive device
- Able to participate in a group setting independently without need of 1:1 assistance to safely navigate environment and follow adult directives
- Follow two-three step command (for example, touch your knee and then pretend to talk on the phone)



To sign up, email [pedscamps@srilab.org](mailto:pedscamps@srilab.org), including the camp name in the subject line, or call 312.238.1139.