

# BALANCE BIKING CLUB & LEARN TO RIDE A CLUB RETURN TO INGEAR!

START YOUR YOUNGEST CHILDREN ON THEIR BIKING JOURNEY AT OUR NEW BALANCE BIKE CLUB!

🚲 PLEASE NOTE THESE ARE INDOOR SESSIONS 🚲

THE BALANCE BIKE CLUB IS FOR ALL ABILITIES, FROM BEGINNERS TO THE MORE ADVANCED WHO WANT TO PROGRESS TO PEDALLING.

BALANCE BIKES IMPROVE CORE STRENGTH, MOTOR SKILLS AND CO-ORDINATION, AND ARE THE QUICKEST WAY FOR A CHILD TO PROGRESS TOWARDS RIDING A PEDAL BIKE. USING A COMBINATION OF ACTIVITIES, RAMPS AND OBSTACLES, THE COURSE WILL TEACH CHILDREN HOW TO: MOUNT & DISMOUNT, MANOEUVRE AND CONTROL THEIR BALANCE BIKE, START AND STOP SAFELY, CORNER, ASCEND AND DESCEND AND FOLLOW INSTRUCTIONS.

FOR ADVANCED BALANCE BIKERS WE HAVE A SEPARATE LEARN TO RIDE A BIKE CLASS.

ALL SESSIONS ARE 1 HOUR AND THESE ARE HELD IN THE SPORTS HALL AT PRINCE HENRY'S GRAMMAR SCHOOL. PLEASE NOTE THAT SOME ELEMENTS OF THE COURSE MAY TAKE PLACE OUTSIDE.

THE MINIMUM BOOKING REQUIRED IS 3 SESSIONS AND YOU CAN BOOK AS MANY AS YOU LIKE!

PLEASE EMAIL: [HOLIDAYCLUB@INGEARCOACHING.CO.UK](mailto:HOLIDAYCLUB@INGEARCOACHING.CO.UK)

SPACES ARE LIMITED AND ARE ON A FIRST COME, FIRST SERVE BASIS.

🚲 CHILDREN ARE REQUIRED TO BRING THEIR OWN BALANCE BIKE AND HELMET TO USE DURING THE COURSE AND THE BIKE SHOULD BE IN GOOD WORKING ORDER. CHILDREN SHOULD BE ABLE TO SIT ON THE SEAT OF THEIR BIKE AND PUT BOTH FEET FLAT ON THE GROUND 🚲



## InGear

# BALANCE BIKE CLUB

Weekend morning sessions  
Saturday 9th & 16th December  
Sunday 10th & 17th December  
Saturday 6th & Sunday 7th January

Plus

Wednesday 3rd, Tuesday 4th and Friday 5th January  
10am-11am

PRINCE HENRY'S GRAMMAR SCHOOL,  
OTLEY