



One of the best skills children can learn, opening up opportunities for fun, independence, activity and health for a lifetime

LEARN TO BALANCE AND RIDE (L2BR)

- For children typically aged between 3.5 and 11
- 80% + of children are normally riding after 2 sessions
- 1 Instructor to max 5 children
- Balance bike and lightweight pedal bike for each child included in price
- 1 hour sessions

DEVELOPING BETTER BIKE CONTROL (DBBC)

- Follow-on course for new or inexperienced riders
- Covers key skills of starting, stopping, turning, looking, riding close to others, gears and signalling
- 1 Instructor to max 5 children
- Bike provided if required (extra £3.00)
- 1 hour sessions

Full course details at: www.hertsbalance.uk/course-descriptions

Monday October 23rd and Tuesday October 24th

Venue: Tudor Primary School, Hemel Hempstead. HP3 9ER

Thursday October 26th and Friday October 27th

Venue: The Ridgeway Academy, Welwyn Garden City. AL7 2AF

Cost: £32 for two sessions. £19 for one session.

For more information and to book, go to www.hertsbalance.uk/public-schedule-booking
email phil@hertsbalance.uk or call Phil on 07941 061717.

Private L2BR, DBBC and Bikeability sessions are available for children and adults and families. Details at www.hertsbalance.uk/private-sessions