



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
- 85% + 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

Thursday July 28th and Friday July 29th

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

Monday August 1st and Tuesday August 2nd

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

Thursday August 4th and Friday August 5th

Venue: Cassiobury Junior School, Watford. WD17 3PD

Monday August 8th and Tuesday August 9th

Venue: Bernards Heath Junior School, St Albans. AL3 5HP

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