



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
- **£38** for recommended 2 sessions and **£25** for 1 session.

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 £5.00)
- 1 hour sessions
- **£24** using my bike and **£19** using own bike

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

Dates:

**Monday March 30th
and Tuesday March 31st**
Tudor Primary School,
Hemel Hempstead, HP3 9ER

**Wednesday April 1st
and Thursday April 2nd**
Roundwood Primary School,
Harpenden, AL5 3AD

**Tuesday April 7th
and Wednesday April 8th**
The Ridgeway Academy,
Welwyn Garden City, AL7 2AF

**Thursday April 9th
and Friday April 10th**
Leavesden Green JMI,
Watford, WD25 7QZ.

**Saturday May 16th
and Sunday May 17th**
Roundwood Primary School,
Harpenden, AL5 3AD

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