



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 July 27th
and Tuesday July 28th**

Tudor Primary School,
Hemel Hempstead, HP3 9ER.

**Monday August 3rd
and Tuesday August 4th**

Leavesden Green JMI, Watford
WD25 7QZ.

**Thursday July 30th
and Friday July 31st**

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

**Thursday August 6th
and Friday August 7th**

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