



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 £5.00)
- 1 hour sessions

£36 for two sessions.
£23 for one session.

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

Dates:

Saturday March 22nd and Saturday March 29th

Venue: Cassiobury Junior School, Watford, WD17 3PD.

Monday April 7th and Tuesday April 8th

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

Thursday April 10th and Friday April 11th

Venue: Roundwood Primary School, Harpenden, AL5 3AD

Monday April 14th and Tuesday April 15th

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

Wednesday April 16th and Thursday April 17th

Venue: Cassiobury Junior School, Watford, WD17 3PD

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