



Balance-Ability COURSES

An exciting balance bike
course for young children
starting in Baldock!

Run over six weeks, the course is aimed at helping children (aged 3+) to gain confidence and to learn the basic cycling skills to enable a smoother transition to pedal bikes.

These fun sessions include games which help to improve each child's gross motor skills, balance, steering and caution control.

Balance bikes and helmets are not provided (pedals can be removed from pedal bikes at the session).



BALDOCK

Every Thursday from 7 November – 12 December, 1.15-1.45pm
Baldock Community Centre, SG7 6DH

Courses
are £35
per child!

BOOKING IS ESSENTIAL (LIMITED SPACES AVAILABLE!)

Contact Megan Pinner on 01462 474838 or email active@north-herts.gov.uk