



# LITTLE RIDERS

## Children's Cycling Courses



### Summer 2022

#### Balance Bike Course

Our Balance Bike course is designed specifically for children aged **2.5-4 years old** who want to take their first step towards learning how to ride a bike. The course (4 x 45 mins) introduces children to a balance bike and develops their basic movement patterns, dynamic balance and gross motor skills through a range of fun activities and games.

- Sat 18th, 25th June, 2nd, 9th July - 9.30-10.15am @ Cringleford Primary Sch, Norwich

#### Learn to Ride Course

Our Learn to Ride course is for children aged **4-10 years old** who would like to learn how to ride a bike with pedals. The course (4 x 60 mins) will give children the skills and confidence required to cycle independently.

- Mon 30th May - Thur 2nd June - 9.30-10.30am or 10.45-11.45am @ Cringleford Primary Sch, Norwich
- Mon 30th May - Thur 2nd June - 1.30-2.30pm & 2.45-3.45pm @ White House Farm Primary Sch, Sprowston
- Sat 18th, 25th June, 2nd, 9th July - 10.30-11.30am or 11.45-12.45am @ Cringleford Primary Sch, Norwich
- Sat 18th, 25th June, 2nd, 9th July - 2.00-3.00pm or 3.15-4.15pm @ Robert Kett Primary Sch, Wymondham

#### Improvers Course

Our Improvers Course is designed for children aged **5-10 years old** who can already ride a bike but would like to develop their skills and confidence further.

- Fri 17th, 24th June, 1st, 8th July - 5.00-6.00pm @ Cringleford Primary Sch, Norwich

To book a place visit [www.littleridersuk.co.uk](http://www.littleridersuk.co.uk)