



We are very excited to be delivering Balance, Glide and Ride Sessions in your child's school on the following dates - **24th - 28th June 2024**.

To give you some more information, these sessions will involve the children learning to ride bikes without the use of stabilisers. They will either be learning to ride from a balance bike moving to a pedal bike, or if they can already pedal freely, then we will work on improving their riding skills.

The sessions will be approx **40 minutes** per day, every day, for the week.

Things to consider:-

- **Coats and Gloves** - we will continue in rain if it is not too heavy, and when it is cold, so please provide **waterproof coats**, and **gloves** are important as little hands get cold on the handlebars.
- **PE Kit** – Please come into school in your school PE kit with your school cardigan or jumper. Your child may wear either PE shorts or jogging bottom.
- **Shoes** – Trainers or PE shoes are suitable. Not suitable are wellington boots, slip on shoes or sandals.
- **Helmets** - we will provide helmets but if your child would prefer to wear their own, then please feel free to bring to school (with their name in).
- **Bikes** - we shall provide a selection of balance and pedal bikes.
- **Hair** - if tying hair up, please do low pigtail/pony tails and not high ones on tops of heads, **DO NOT** use hair bands or large bows, otherwise helmets do not fit.
- **Earrings** - please tape earrings, as in PE, as the helmet straps fit close to the ears.

We look forward to meeting your child soon

The Team - Joolz, Andy, Nathan and Clare
Supported by Rushmoor Borough Council

(Check us out on the social media below to get an idea of what we do)

Facebook: [balance glide and ride rushmoor](#)

Instagram: [@balance_glide_and_ride](#)