



We are very excited to be delivering Balance, Glide and Ride Sessions in your child's school on the following dates - **16th to 20th June 2025**.

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, even adding in some Level 1 Bikeability skills.

The sessions will be approx. **35 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 **coats**, and **gloves** are important as little hands get cold on the handlebars. Cycling type gloves in the warmer months are also a good idea to protect hands.
- **PE kit** – please come to school in your PE kit. Your child can wear either PE jogging bottoms or PE shorts depending on the weather and what they feel comfortable in.
- **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, or 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

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](#)