



Herts Disability Sports Foundation

2 wheel bike training

for anyone with a special educational needs / disability needing support getting going on a 2 wheel bike



Herts Disability Sports Foundation are proud to be working with Herts County Council Bikeability instructors to provide 1-1 sessions for anyone with a Special Educational Need or Disability struggling with a 2 wheel bike. Whether you still have stabilisers or not, the instructors will work on basic skills appropriate to the individual.

The session will take place on an enclosed concrete area. All participants must wear a cycling helmet and bring a roadworthy bike (don't worry we are not going on roads). Please be aware that the first 5 minutes will be a bike check.

If your child is not yet pedalling, please be aware that pedals may be removed (don't worry they will be put back on) you will understand the logic once the magic starts happening!

Our pilot in the Easter Holidays had amazing results and we are very much looking forward to seeing the progress those children have made since then, whilst also welcoming new families who need this specific SEND support.

Baldock - 29th July

Hemel - 30th July

Borehamwood - 1st August

Stevenage - 5th, 6th, 8th August

Welwyn Garden City - 12th, 14th, 15th August

Wormley - 20th August

To book go to www.hertsdisabilitysportsfoundation.com/2-wheel-bike-training

For more information:

Facebook Page: Herts Disability Sports Foundation

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