

MOVEMENT PARK YEAR OF CYCLING

Play Build. Develop.



SEPTEMBER 2026 -
AUGUST 2027

COMMUNITY PROGRAMME

**FAMILY EVENTS • WORKSHOPS • CLASSES • RACE NIGHTS
TRACK SESSIONS • COMMUNITY RIDES • BIKE MAINTENANCE**

SIGN UP TO OUR [NEWSLETTER](#) TO STAY UP TO DATE

ABOUT THE YEAR OF CYCLING

It is a pleasure to welcome you to **Movement Park's Year of Cycling**, 12 months of cycling programmes, events, workshops, and classes designed to help children, young people and adults build their cycling skills. From balance bikes and learn to ride classes to family rides, BMX, and track coaching there will be opportunities for all ages and abilities to get involved.

Running from **September 2026 to August 2027** at the Glasgow Life BMX Centre, and the Sir Chris Hoy Velodrome, the initiative gives children aged 3 - 16 the chance to experience cycling on Scotland's World Class Cycling Facilities. Our aim is simple: to help hundreds of children and families discover the confidence and freedom that comes from riding a bike.

The programme offers a variety of activities for every level of rider. Weekly balance bike, pedal bike, and BMX sessions provide structured learning, while our Rock Up And Ride schools project, free programmes for older kids and teens, community events, workshops, family rides and race nights will bring cycling opportunities to everyone to support ongoing progression and diversify talent pathways.

Every child who joins the initiative will get a Movement Park Rider Passport to track their progress and celebrate their milestones. They might even be selected as our Rider of the Month.

Our Year of Cycling programmes wouldn't be possible without the support of our partners and funders.



TAKING PART IN THE YEAR OF CYCLING

TICKETS ARE NON- REFUNDABLE

But we will try to transfer that ticket to another event/class of the same value if spaces are available. Tickets cannot be transferred after the event/class takes place. In the unlikely event that we have to cancel an activity we will transfer your ticket to another event/class or issue a refund.

WHERE TO BOOK

Tickets are available from the Movement Park booking page www.bookwhen.com/movementpark. Just select the Cycling button and find the class or event you want to join. Classes are released two weeks in advance, events will be released when announced. You must book your ticket in advance to attend.

BOOKING FEES

A £1 non-refundable booking fee is applied to each purchase if there is a cost to the ticket. There is no booking fee for free classes/events/programmes.

WHAT TO BRING?

Please bring your child's own bike and helmet if they are on a balance bike or learning to ride as we do not have a library of these. We DO have a library of BMX bikes for kids aged 6+ but we advise you to bring your child's helmet if you can. Full face helmets will be supplied for the BMX track. All events are outside so please dress appropriately for the weather.

YOU CAN APPLY FOR OUR FREE PROGRAMMES

By emailing kirsty.mitchell@movementpark.org.uk. Please note our free programmes may only be free to specific age groups or postcodes, or directly through schools.

SAFETY

We take the safety of all our riders seriously, but as is the nature of cycling, sometimes accidents happen. We ask you to sign a waiver when you first book in online. Riders will only be allowed on the BMX track with a full face BMX helmet. We will provide these, but you can bring your own if you have one.

SCHOOLS AND FAMILIES

SCHOOL PROGRAMME

Our Rock Up And Ride free schools programme is available for P4-P7 in primary schools and S1- S4 in secondary schools. Contact Kirsty.Mitchell@movementpark.org.uk if you would like your school to join the Year of Cycling Initiative and secure these free sessions for your school. Available to schools in Glasgow and surrounding areas.

WHEELIE FUN DAY AT GLASGOW BMX CENTRE

Our Wheelie Fun Days are free community events full of biking games that can be done on a balance bike or pedal bike. Dates to be announced.

COMMUNITY RIDES

Family friendly rides for all ages to support recreational cycling on streets and cycle paths. Dates to be announced.

LEARN TO RIDE CLASSES

Glasgow BMX Centre

Sundays 10am

£6.50 per class | FREE for members

Balance bike and learning to pedal classes. Using fun games and small ramps children develop essential balance and coordination skills for a smooth and natural transition to pedal bikes when they're ready.

BIKERS CLUB CLASSES

Glasgow BMX Centre

Sundays 10am

£6.50 per class | FREE for members

Fun and games on bikes with ramps, obstacle courses and sometimes a shot on the track. For all children who can ride a bike. Our family class runs at the end of term and invites parents to ride with their kids.

OLDER KIDS AND TEENS

BMX BANDITS

Glasgow BMX Centre

Mondays and Thursdays 7pm, Sundays 11am

£7.50 per class | FREE for members

Our Bandits sessions are for BMX enthusiasts. They must be able to stand up on their bike and be assessed by the coaches as ready for the BMX track (typical 8+ but coaches may approve a younger child). The sessions teach racing technique and give children the opportunity to train on the World Class BMX track.

CITY ACADEMY / GEAR UP AND GEAR UP GIRLS

These free programmes are part of our commitment to support the Scottish Cycling Talent Pathway by creating meaningful opportunities for young people from Glasgow's diverse communities to discover cycling, explore their potential and progress within the sport. These free programmes are available following school sessions and for children living in specific postcodes. Please contact kirsty.mitchell@movementpark.org.uk for more information.

WORKSHOPS AND EVENTS

SKILL, SPRINT, RACE WORKSHOP

Ride through exciting obstacle courses, test your speed in sprints, and hit the BMX track. Suitable for P1- 7 who can ride a bike. Bring your own bike and helmet if possible, but we do have a BMX bike library for kids aged 6+. Full face helmets will be provided for the track. Cost: £10, limited spaces. Coming Spring 2027.

BMX RACE NIGHTS

Thrill seeking, adrenaline pumping evenings at the track for our Bandits and BMX enthusiasts. Bring your own bike and helmet if possible, but we do have a BMX bike library for kids aged 6+. Full face helmets will be provided for the track if you don't have your own. Cost: £10, limited spaces. Coming Spring 2027.

BIKE MAINTENANCE

For anyone who's ever wondered how to fix a puncture or check gears and brakes to make sure a bike is safe. Learn how to look after your own kit of your families. These free drop in workshops coming Spring 2027.

HOLIDAY CAMP

BMX and bike skills holiday camp at the Glasgow BMX Centre for P1+ children during the holidays in 2027. Prices and dates TBC.

START ANYWHERE KEEP CYCLING

Learning to ride a bike is just the beginning! Children need opportunities to develop the skills, confidence and physical literacy to become capable cyclists which is why we have a pathway for all young riders to drop into and move along whatever their age or ability. They can start by learning to ride, build confidence through Bikers Club, try BMX, experience the Velodrome and eventually discover racing or simply continue cycling for fun, fitness and everyday life.

PARTICIPATION, PROGRESS AND CELEBRATION

Every child who takes part in Learn to Ride or Bikers Club classes receives a Movement Park Rider Passport after they've been with us for four weeks. Collect stamps, track new skills and celebrate your child's progress as they take part in classes, events and workshops or riding bikes with friends and family.

Every month our coaches will select a rider of the month from across all our classes and programmes. This isn't about choosing the best rider, it's about celebrating children with a great attitude, kids who show up and give it a go, kids who learn new skills or kids who help others. That's the kind of qualities our rider of the month will have.

READY TO RIDE?

Subscribe to our newsletter [HERE](#) to be the first to hear about events, workshops and programmes when they go live.

Ask your child's school to join the Year of Cycling initiative and secure free BMX lessons for the pupils.

Or simply come along to one of our classes.

ABOUT MOVEMENT PARK

BECOME A MEMBER

Movement Park is a Glasgow based charity built around physical literacy, play, and inclusion. We exist to help children and families develop lifelong confidence and skills through movement, while supporting a wider community through accessible activities and programmes.

We focus on **physical literacy** – the body’s version of learning to read and write – to help children develop the competence and confidence to move in different environments, creating a foundation for lifelong health and activity.

Our **weekly timetable** includes parkour, skateboarding, rollerskating, ninja movement and BMX. All classes are age and stage appropriate, designed to challenge and grow individual skills, while preschool and family sessions encourage shared fun, with parents playing for free.

Our **membership is £25 per month**, on a monthly rolling basis. We encourage members to stay year round, because a steady membership base allows us to keep prices affordable, fund events, pay fair wages to coaches, and maintain our facilities. Consistent support makes it possible for us to plan programmes confidently and remain sustainable without relying on unpredictable grants.

By joining, members contribute to a thriving charity, support inclusive programming, and help create opportunities that **benefit everyone** as part of an active, confident, and connected community.

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DON'T MISS OUT.

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THE LATEST EVENTS, PROGRAMMES AND CLASSES

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MOVEMENT PARK

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