



Welcome to the Movement Park

Learn to Ride Programme

We're thrilled to welcome you and your child to our Learn to Ride programme! Whether you're joining us for the Preschool balance bike classes or jumping into pedal bike training, **Sundays at 12pm are about to become your favourite time of the week.**

Our classes are thoughtfully split into two groups based on ability, ensuring that every child gets just the right level of challenge and support. It's not just about learning to ride—it's about building confidence, having fun, and being inspired by others along the way.

For Our Preschool Riders

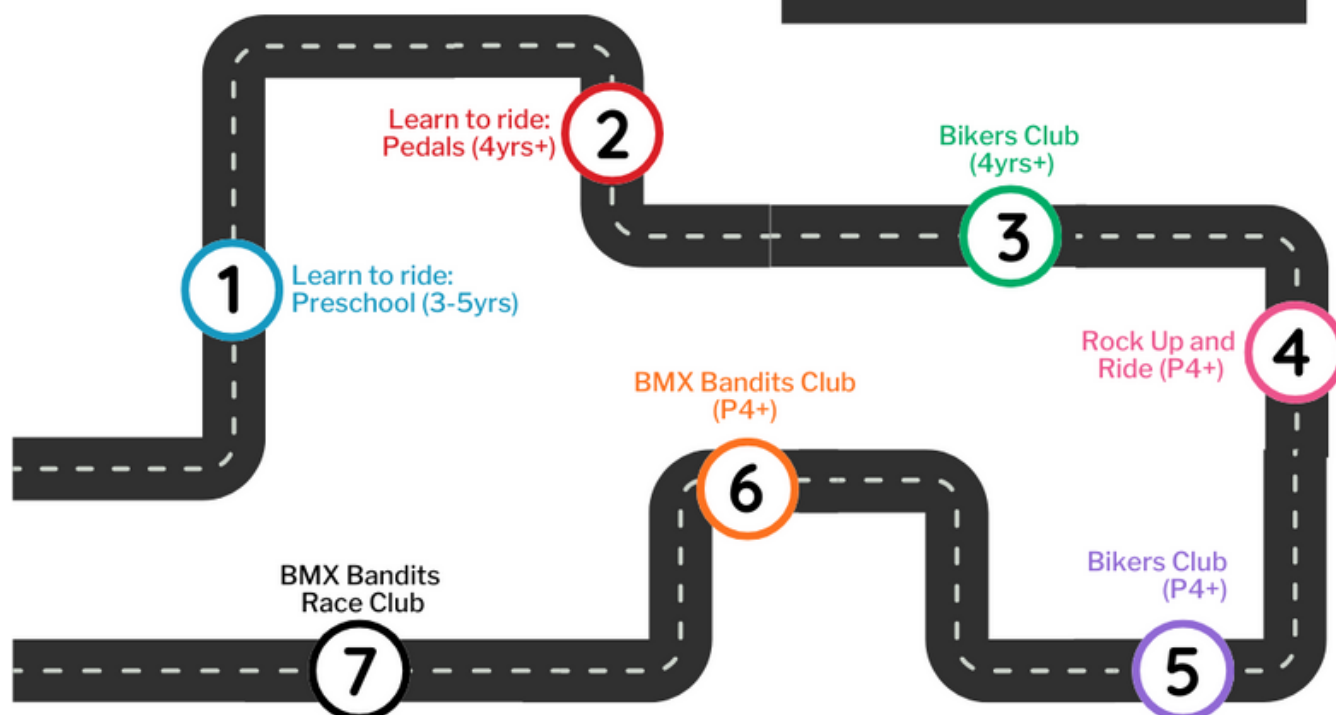
Our balance bike sessions are designed to spark joy and curiosity. Through fun games, small ramps, and even stickers for motivation, children develop essential balance and coordination skills—all while having a blast! This approach lays the foundation for a smooth and natural transition to pedal bikes when they're ready. Many kids make the leap seamlessly after their time in this group!

For Our Pedal Riders

In our Learn to Ride pedal group, children learn more than just how to ride—they gain a life skill. With the guidance of our expert coaches, they'll master starting, stopping, and riding independently. At the end of the program, your child will receive a certificate of achievement and earn a spot in our exciting Bikers Club, where they'll continue developing their bike handling and physical literacy in a fun, supportive environment.



MOVEMENT PARK BIKE PATHWAY



What we're building

We're a charity committed to developing physical literacy and grassroots cycling. We want to provide a safe space where kids can not only learn to cycle but also make bikes fun and help them build their skills. That's why we have:

- ✓ A BMX and cycling programme that grows with your child
- ✓ Coaching that's designed around real progression
- ✓ A community that builds not just riders, but racers
- ✓ Investment in facilities, coaching, and development – to create a pathway to world-class racing



Membership Options – Build Your Own Programme!

Pay As You Go – For riders who just want to join sessions when they can

 £6.50 per class

Movement Park Membership – For kids looking to build physical literacy through fun games and challenges.

 £25/month = **£2 per session**, access to x3 classes a week. Pick your own classes from our weekly timetable.

What else we offer?

We have a full timetable of parkour, ninja, skateboarding and rollerskating sessions at our Movement Park HQ. You can view our timetable [here](#). We also run holiday camps and birthday parties for P1+. These are discounted for our members.

The Movement Park Team

