



Welcome to the Movement Park Rock Up And Ride Programme in Partnership with Scottish Cycling

We're excited to welcome you and your child to Rock Up and Ride—a FREE four-week cycling adventure designed to get kids confident, skilled, and loving life on two wheels!

This high-energy program is all about building bike handling skills, technique, and pacing, with a special focus on ramps, racing, and freestyle BMX.

What to Expect:

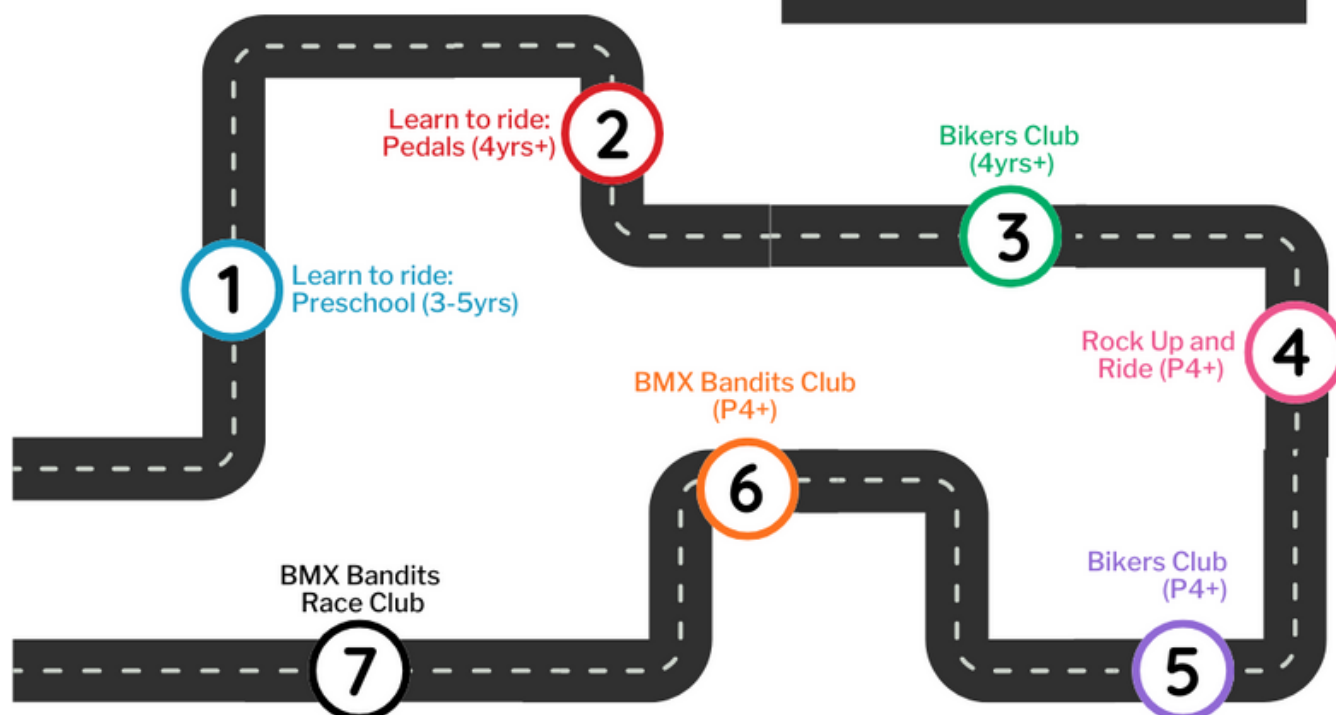
- All equipment provided – Bikes and safety gear are included, so just rock up and ride!
- Expert coaching – Friendly and experienced coaches create a fun, safe, and supportive environment.
- Skill-building fun – Each session is packed with engaging activities that help kids grow their confidence and abilities.

When they complete the program, your child will be ready to take the next step into our Bikers Club—where they'll continue developing their riding skills and confidence with new challenges and friendships.

We can't wait to see them in action!



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 want to join Bikers Club sessions when they can
 £10 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, including bikers club. 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