



Welcome to the Movement Park Bikers Club

Welcome to Bikers Club – a fun, skill-building cycling adventure designed to help young riders grow their confidence, bike control, and a love for riding! Whether your child is just starting out on their bike or already zooming around ramps, our sessions offer exciting challenges and expert coaching every step of the way.

Each week, riders explore different environments – from ramps and pump tracks to BMX circuits and flat open spaces – as they sharpen their bike handling and begin to develop freestyle and racing skills in a safe and supportive setting.

Skill Levels – Collect the Bands!

As your child progresses, they'll work toward collecting their Bikers Club Bands – a fun, motivating way to track their achievements:

- Level 1: Red Band – Getting Started
- Level 2: Yellow Band – Building Control & Confident
- Level 3: Orange Band – BMX Skills & Freestyle
- Level 4: Green Band – Confident Rider & Track Ready

Each level brings new games, techniques, and exciting challenges, guided by our passionate and supportive coaches.



● Beginner Stage – Getting Started

- ✓ Can ride a pedal bike without assistance
- ✓ Understands braking and steering
- ✓ Rides confidently on flat ground
- ✓ Comfortable wearing a helmet and safety gear
- ✓ Can ride while standing up on pedals (attack position)
- ✓ Follows basic instructions in a group setting

● Developing Stage – Building Control and Confidence

- ✓ Can ride on uneven terrain (e.g. grass, gravel, small bumps)
- ✓ Practices cornering at moderate speed
- ✓ Can safely start and stop on slopes or inclines
- ✓ Rides pump tracks or small rollers smoothly
- ✓ Can perform a front wheel lift (basic manual)
- ✓ Demonstrates pacing and bike control on short laps
- ✓ Shows spatial awareness when riding with others

● Progressing Stage – Intro to BMX Racing & Freestyle

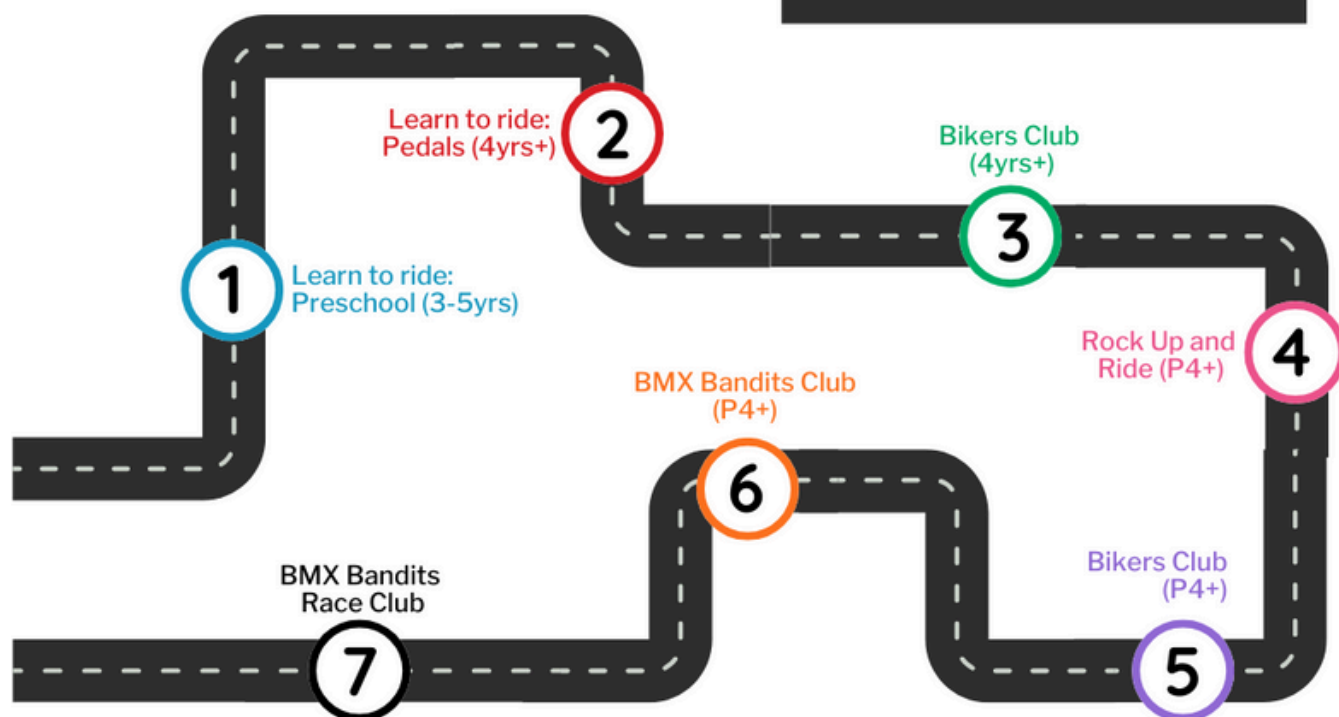
- ✓ Can ride safely over small ramps or jumps
- ✓ Starts and sprints from a standstill (race starts)
- ✓ Practices rhythm and pumping on rollers
- ✓ Attempts simple freestyle moves (e.g. standing manual, bunny hop prep)
- ✓ Maintains control and balance at higher speeds
- ✓ Understands basic race track layout and safety rules

● Confident Rider – Ready for BMX Bandits

- ✓ Rides entire BMX track or freestyle area with flow
- ✓ Can maintain good form on corners and jumps
- ✓ Executes basic freestyle tricks or racing techniques
- ✓ Shows good pacing and endurance
- ✓ Demonstrates safe overtaking and riding etiquette
- ✓ Completes a full session without needing close supervision



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