



# Absolute Youth Cycling



A Program of Absolute Bikes Adventures

## 2-Wheel Fridays, Spring 2016 Enrichment Program

### What:

- 2-Wheel Fridays bicycling and mountain biking programs provide a safe, supportive atmosphere for elementary and middle school children to learn the lifelong joy and skills of bicycling, while having fun outside with friends.
- Sessions consist of a blend of biking skills, safety, fitness, outdoor exploration, and good, clean fun!
- Depending on age/ability other topics might include: road/traffic/trail etiquette; team work; bicycle maintenance; trail-side repairs; nutrition and hydration; first aid; land and trail stewardship; trail use and access issues.

### Skill:

The lowest acceptable skill level is that the child must be comfortable and *safe* riding his/her bike around town with an adult. This is not a program for children with training wheels.

- Kids will be broken into groups by skill level in accordance with coach/child ratios

### When:

Six week session (with possible makeup on 7<sup>th</sup> week)

- **April 8, 15, 22, 29, May 6, 13. Possible makeup day on May 20.**

### Age Groups:

- **3rd and 4th** graders will register for the **8am to 10am** class.
- **1st and 2nd** graders will register for the **10:30am to 12:30pm** class.
- **5th through 8th** graders will register for the **1:30pm to 4pm** class.

### Where:

Meet behind Absolute Bikes, next to River's Edge outdoor seating.

Riding locations will vary each week, depending on age and skill level.

- Riders may be transported or shuttled via ABA van depending on location/skill/age/etc...

### Cost:

1<sup>st</sup> & 2<sup>nd</sup> and 3<sup>rd</sup> & 4<sup>th</sup> = \$120

5<sup>th</sup> through 8<sup>th</sup> = \$150

### What's Included:

- Coaching with 5:1 ratio (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>) or 7:1 ratio (5<sup>th</sup>-8<sup>th</sup>)
  - All coaches are CPR and First Aid certified
- Licensed and insured transportation between Absolute Bikes and riding areas, as necessary
- Custom T-shirt and Water bottle
- Loaner helmet, if needed
- Discount on bike rental, if needed
  - (Regular daily rental fee becomes the weekly rental rate for program participants. And you keep the bike for the duration of the session.)

### Registration:

Please contact James Haarmeyer to be included on registration-related emails.

### Contact:

James Haarmeyer, Program Director

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