



Power 2 Pedal

6 week Power 2 Pedal program

\$90

per person

for 6 weeks

*can use NDIS plan to
pay for program*



when

Monday nights
9th October - 13th November

time

Beginner starts 4.30pm - 5.15pm
Intermediate 5.30pm - 6.15pm

where

Park Orchard BMX club
Stintons Reserve,
Commercial Rd,
Park Orchards VIC 3114

A fun, inclusive, welcoming and safe environment in which to master the art of riding a bike!

Our **Power 2 Pedal** program is a 6-week bike riding program for people with autism. The program will offer participants the opportunity to learn how to ride a bike and include it in their lifestyle. This program is suitable for kids and teens.

- ✓ *Build confidence*
- ✓ *Make new friends*
- ✓ *Ride a bike*
- ✓ *Get active*





Power 2 Pedal

what are the **BENEFITS?**

Our **Power 2 Pedal** program has been designed to help get kids and teens with autism riding their bikes and including active transport into their weekly routine.

Power 2 Pedal is a 6-week after school program, with sessions running for 45 minutes at the Park Orchards BMX Club with all facilitators specifically trained by Cycling Australia. We encourage families to be part of the journey by coming to the sessions to support the children as well as meeting new families.

Level 1 (Beginners)*

Designed for those who are new to bike riding or those who have been riding with training wheels. Focus areas will be balancing, pedalling, steering and braking.

Level 2 (Intermediate)*

Designed for those who are confident riding but need to refine their skills. Focus areas may be areas such as controlling/turning, braking, scanning, gear changing, hazard awareness. Participants in this group will also get the opportunity to ride on a BMX track and learn new BMX skills.

Bring
your own
bike and
helmet*

Group size
is maximum of
8 participants with
2 coaches.
We recommend all
participants have
someone with them at
the program to support
their development
one to one.



* If you're unsure what level to select or need help finding a bike/helmet please contact Tori on (03) 52249972

Power 2 Pedal is proudly supported by

