

MANNINGHAM



Power 2 Pedal

by Leisure Networks

6 WEEK PROGRAM

Power 2 Pedal is a fun and welcoming program, delivered in a safe environment where kids and teens with autism will learn and develop their bike riding skills to help get active transport into their weekly routine.

WHEN

Monday afternoons

12th of February - 25th of March*

*no session 11th March due to Public Holiday

TIME

LEVEL 1 | 4.30pm – 5:15pm

LEVEL 2 | 5.30pm – 6.15pm

WHERE

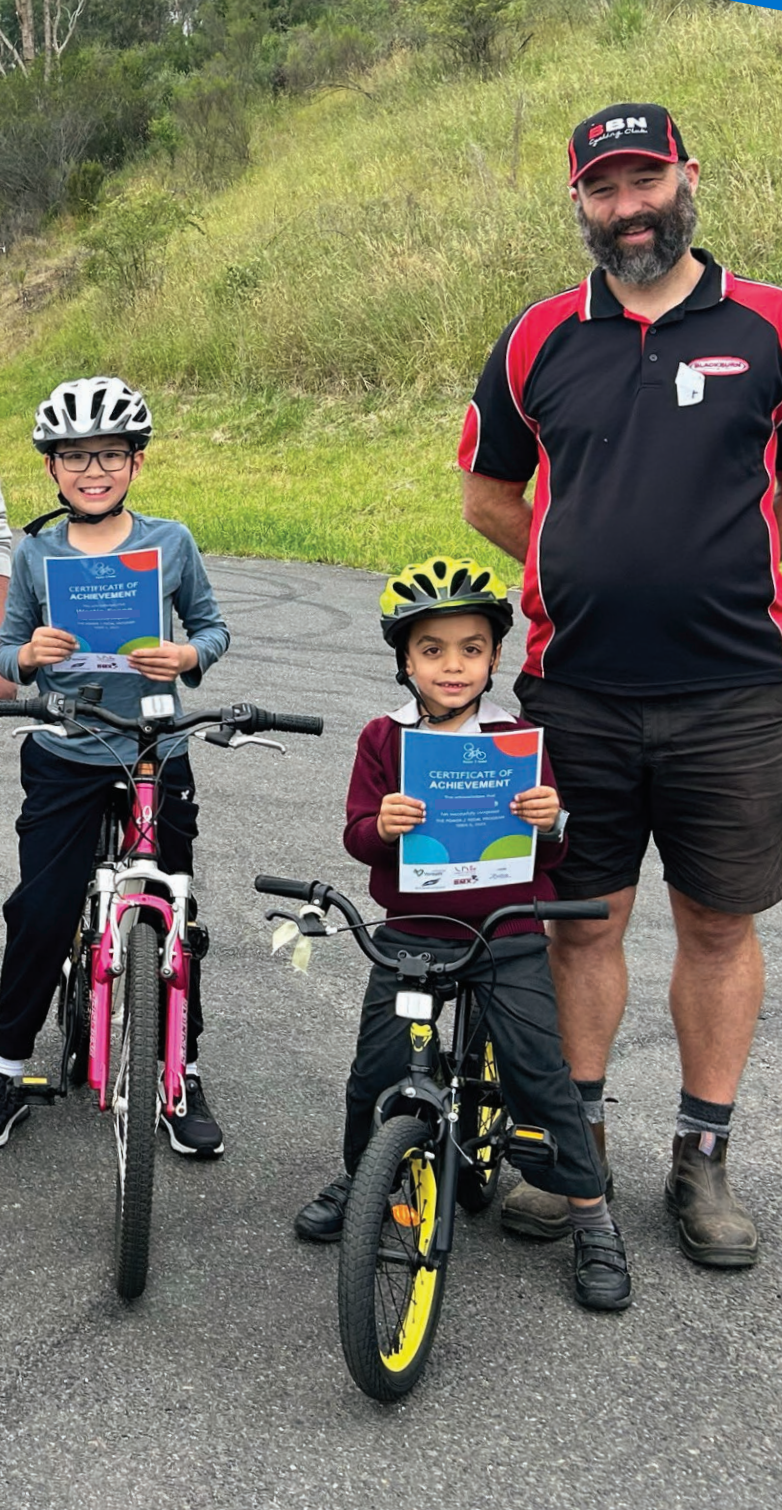
**Park Orchard BMX club
Stintons Reserve, Commercial Rd**

COST





\$90 per person*

OR use NDIS plan if eligible

 **see over for program details**





-  **build confidence**
-  **make new friends**
-  **ride a bike**
-  **get active**

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.

If you are unsure what level would be appropriate for your child or require assistance with a bike or helmet, please contact Leisure Networks on 1300 561 802.

The group size will be a maximum of 8 participants with 2 coaches who are specifically trained by Cycling Australia. We encourage families to be part of the journey by coming to the sessions to meet new families and to support their children's development one to one.

Please bring your own bike and helmet and wear wear closed toed shoes.

Please note that support staff are not organised through this program and would need to be organised seperately if required.

 **to book in scan the QR code or visit:**
leisurenetworks.org/event/power-2-pedal-manningham

**BOOK
NOW**

