



Dear Parent/Guardian

We're excited to invite you to join **Pedal and Play/BMX Skills**, a fun and engaging **6-week cycling programme** designed to boost your cycling skills/BMX skills and confidence.

Session Details: Edwinstree School, Meet at the playground near the BMX track entry

Time: 3:20 PM – 4:20 PM

Duration: 6 weeks with potential to extend further into the summer, depending on the turnout

Bring your own bike and helmet.

Bring a snack to keep your energy up

If you **don't have access to a bike**, please email us at

cityacademyherts@britishcycling.org.uk, and we'll do our best to support you. We also have a selection of BMX bikes to progress riders.

How to Sign Up:

Only 16 spaces available – sign up now!

Parents must **download the Spond app** and join our group via this link:

<https://spond.com/invite/AVBOG> or scan the barcode

Once joined, they will be able to register for the sessions

Please complete the consent form for attending the sessions:-

<https://forms.office.com/e/xzkfnsXqn5>

Sign up today and get ready to pedal, play, and have fun on two wheels!