



**MIND.
BODY.
BEST.**

Bike Skills Therapy Kingswood

Learn to ride or upskill your bike skills in a fun and safe environment

An introduction to the world of bike riding, the session aims to get young people active and moving on two wheels with guidance from a physiotherapist

These sessions are designed to give clients their first exposure to riding a bike and the confidence to continue riding in the future.

WHAT DOES THIS PROGRAM INVOLVE?

- A fun and easy introduction to bike riding; ensuring you have the skills to ride confidently & safety

WHO IS THIS PROGRAM FOR?

- Young people who want to learn to ride a bike
- Families looking to go bike riding together
- Young people wanting to learn a life skill and make new friends

WHEN DOES THIS PROGRAM RUN?

Assessment: 1hr with a Physiotherapist (to be booked prior to skills clinic). Please bring your bike.

Session One: Thursday 4th October 2018, 9:00am – 10:30am

Session Two: Tuesday 9th October 2018, 9:00am – 10:30am

LOCATION: Western Sydney University Multi-Purpose Courts

RSVP: mbartlett@cerebralpalsy.org.au to secure your place

NDIS: Use your NDIS funding to purchase this service (CB Daily Activity) or pay privately

Cost: \$537.82

Attendance at both sessions is recommended.

NB: You will need your own bike to participate.

Call 1300 888 378

Email ask@cerebralpalsy.org.au

www.cerebralpalsy.org.au



**5-12
years**