

**Program Title:**

**Balance Bike Playdate**

**Short Description:**

A playful intro to bikes for toddlers ages 2–3! Explore balance, movement, and giggles in a safe, supportive setting with your kiddo.

**Full Description:**

Welcome to your toddler's first taste of bike life! Balance Bike Playdates are gentle, engaging sessions for children ages 2–3 to explore balance bikes with the guidance of certified Pedal Kids coaches and YOU—their "Assistant Coach."

These micro-rides mix on-bike and off-bike games that build coordination, confidence, and smiles. No experience necessary, and training wheels are a no-go—because we believe in balance from the start!

**Key Details:**

- Ages 2–3
  - No prior balance bike experience needed
  - Parents must be present and actively involved
  - Training wheels not permitted
  - Advanced 3–4 year olds may be ready for our Pre-K Mini Camp
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**Program Title:**

**Pre-K Learn to Pedal Bike Camp**

**Short Description:**

Balance first, pedals second. This fun, play-based camp helps 3–5 year olds take their first big steps toward independent pedaling—with you right alongside.

**Full Description:**

This camp is designed to help young riders make the leap from balancing to pedaling—with less frustration and more celebration. Using our Balance First Method and age-appropriate games, we meet kids where they are and guide them at their own pace.

Parents serve as “Assistant Coaches” during class to help with emotional support, social development, and smooth transitions. It’s a chance to share in one of life’s most unforgettable moments—learning to ride a bike.

**Key Details:**

- Ages 3–5
  - Must already be confidently gliding on a balance bike
  - Parent participation required
  - Bikes must allow feet to touch flat on the ground
  - Helmets required
  - We don’t force pedaling—readiness matters!
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**Program Title:**

**Elementary Learn to Pedal Bike Camp**

**Short Description:**

No more training wheels, no more stress. Kids 5–12 learn to ride with confidence in a fun, structured environment that sets them up for biking success.

**Full Description:**

Learning to ride doesn't have to be hard! In this camp for ages 5–12, kids learn to balance and pedal independently without training wheels using our proven Balance First Method. Our certified coaches use games and challenges to build skills—and keep things fun!

Whether your child has struggled before or is just starting out, this is the safe, supportive space they need to succeed.

**Key Details:**

- Ages 5–12 (we tailor activities by age group: 5–7 and 8–12)
  - Ideal for brand-new or struggling riders
  - Bikes must allow feet flat on the ground while seated
  - Helmets required
  - Limited rental bikes available (first come, first served)
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**Program Title:**

**Pedal Champs Bike Camp**

**Short Description:**

Already pedaling? Let's level up! A camp for confident riders ready to boost their skills—and grow as bikers and humans.

**Full Description:**

For kids who are already pedaling and ready to go further, faster, and with more control, Pedal Champs is the next step. Our certified coaches guide campers through skill-building exercises and exciting group rides while weaving in social-emotional learning (SEL) and life skills like confidence, resilience, and focus.

Whether it's braking, shifting, or group riding, every activity is a chance to grow on the bike and off.

**Key Details:**

- Ages 5–12
- Riders must already be pedaling confidently
- No training wheels
- Bikes and helmets required
- Perfect for riders ready to boost core skills and confidence

## **Intro to MTB Camp (Ages 5–12)**

### **Short Description:**

Curious about the trails? This camp introduces young riders (ages 5–12) to the exciting world of mountain biking—no experience needed.

### **Full Description:**

Intro to MTB Camp is the perfect starting point for kids who are comfortable pedaling on two wheels and ready to venture off the pavement. Designed for ages 5–12, this camp teaches the fundamentals of safe and confident trail riding in a fun, welcoming environment.

With expert coaching, age-appropriate challenges, and plenty of encouragement, riders will build key mountain biking skills like body positioning, braking, shifting, and navigating natural terrain. We'll also work on decision-making and trail etiquette—because learning to ride with respect and awareness is part of the Pedal Kids way.

Whether your child dreams of trail adventures or is simply looking for a new kind of riding experience, this camp lays the foundation for a lifelong love of mountain biking.

### **Key Details:**

- Ages 5–12 (grouped by age and ability)
- Riders must already be pedaling confidently without training wheels
- Mountain bike with hand brakes and gears strongly recommended
- Helmet required
- Great for first-time trail riders or kids new to MTB
- Focused on skill development, safety, and trail confidence—not speed or competition