



**SKILLBUILDERS GROUP PROGRAMME**

# BIKE RIDING

## **All Ages Welcome**

Our Bike Group focuses on improving children's bike skills and confidence. Bike riding is not only is great for strengthening your stomach and leg muscles but also works on coordination, balance, endurance and full body sensory awareness.

All in a way that is functional and FUN! This group caters to all children of different skill levels.

For more information please contact us on 9332 2223 or 0418 940 946 (Caryn).

