

Our bike + trail programs start with teaching kids how to ride

and ends with kids mastering riding skills so they can bike safely and confidently on the road and on various terrain.

AGES 1-3



Balance & Pedaling (LEVEL 1)

An introduction to the world of biking, all beginner tots are welcome!

AGES 4+



Newbees (LEVEL 1)

Learn to ride. Sit, pedal, steer and get comfortable moving. Training wheels can come off in this level!

Bike Handling & Control (LEVEL 2&3)

Confidently start and stop, use hand signals, understand rules of the road, and use shoulder checks.

AGES 4+



Trail (LEVELS 1-3)

Ride on different terrain, obstacles, uphill and downhill riding, and trail etiquette.

AGES 4-10



Road Riding (LEVELS 4-6)

Group road riding, braking techniques, use of proper gears, and navigating the roads safely.

AGES 6+



STOP

ADVENTURE

HAPPY PLACE

Confident & Safe
Lifelong Cyclist

LEARN MORE

pedalheads.com