

Discover Bike Right KIDS CLINICS

Introducing kids to the joy of cycling and education them about bike safety and feeling comfortable to ride. It will also cover the foundations of cycling which includes the essential skills.
It will help them develop a positive, safe and active habit.

Date & Time: Please refer to our online calendar (please arrive 15min before the official start time)

Location: Festival City, Doha

Cost: 350 QAR per person (if you book and pay online)
400 QAR on the day

For who? We offer two sessions, one for kids 7-12 years and the other for 13+ years. Children should be able to cycle on their own (with or without stabilising wheels). Please note they will need to bring their own bikes and helmets.

Type of bicycles: Kids bikes (incl. mountain bikes, BMX, trail bikes) **if you only have a road bike let us know and we can tailor the session for you.*

What will you learn?

- Learn how to cycle and be comfortable on your bike
- Correct bike set up and positioning
- Balance and coordination
- Braking, Pedalling and Gear Selection (if applicable)
- Having (extra) fun on the bike!

Short descriptions of the sessions but not limited to:

Session 1 (Friday) – 3hrs

- Bike safety checks
- Correct bike set up and positioning
- Braking
- Mount and dismounting
- Correct pedalling techniques
- Cycling gear and clothing

Session 2 (Saturday) – 3hrs

- Balance and coordination
- Gear selections and accelerating

Discover how to **Bike Right** and experience the benefits of cycling as a sport!
