



GENERAL INFORMATION

HIGH SCHOOL

Training Sessions:

GrannyGear is a cycling academy that focus on developing the sport of mountain biking at school level. GrannyGear is not school dependent and is open to all schools and home-schooled children. We offer structured training in the form of group training sessions and skills training clinics.

Our training courses are designed to teach children to ride more efficiently, with reduced risk and increased confidence. Whether they are beginners or an advanced riders, we have courses that develop essential skills to make you child a confident cyclist.

Trainees will be observed throughout all stages of training to ensure that the correct skills are being developed. We try and create a safe and friendly environment for all the rides.

Our senior academy rides are from grd 8 – grd 12.

Training Session:

Mondays	16:00 – 17:00
Wednesdays	16:00 – 17:00 Advance Group
Thursdays	16:00 – 17:00

Please confirm what day your child will be attending.

The venue and times will be announced on the GrannyGear WhatsApp group. You will be added to the group once you have joined the Academy.

You could join for only one day a week or do two days a week.



Venues:

Bloemendal
Majik Forest
Meerendal

TMBC (Tygerberg Mountain Bike Club) bike permit boards are compulsory. Please contacted Tygerberg Mountain Bike Club if you need a bike board.
<http://www.tygerbergmtb.co.za/>

Please let us know if your son / daughter requires more personal attention, and we can schedule a date and time for extra sessions. One-on-one skills clinics and training sessions will improve their handling ability, confidence, fitness and skill levels.

Training Programs available:

1. Monthly training programs
2. Race specific 4 week plans and 8 week plans
4. Race conditioning and preparation
5. Off season training program

Please make sure that the bikes are in good working order before every training session.

Cost:

Training session once a week:	R700 per month paid upfront
Training session twice a week:	R1000 per month paid upfront
Specific Program:	R650 per month paid upfront
One on One Session (4 x session):	R1500 paid upfront
Cadence Studio Sessions:	R400 per month paid upfront

*"We live and breathe to cycle and we want to share our passion
with you."*

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