



GENERAL INFORMATION

PRI SCHOOL / PRIMARY SCHOOL

Training Sessions:

GrannyGear is a cycling academy that focusses on developing the sport of mountain biking at school level. GrannyGear is not school dependant 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 advanced riders, we have courses that develop essential skills to make your child a confident cyclist.

Trainees will be observed throughout all stages of training to ensure that the correct skills are being developed.

Little Academy age 3 – 6 years. We would recommend doing a few 1:1 session to make sure we cover the basic skills and check their ability to ride a bike / balance bike. These sessions are scheduled to fit your timetable.

The Junior Academy caters for Primary School children from **grades 1-7**. The groups will be limited **to 15 riders at a time**. We make the session as much fun as possible. Lots of focus goes into having fun on the bike and getting the correct amount of training.

These sessions will take place once a week for an hour. Various days are available. We try and create a safe and friendly environment for all the rides.

Training Session:

Tuesday 16:00 – 17:00

Wednesday 16:00 – 17:00 Advance Group

Fridays 16:00 – 17:00

Alex Kruger

082 496 7297

info@grannygear.co.za

www.grannygear.co.za



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.

Venues:

Bloemendal or 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.

Learning how to ride a bike properly and carefully is not only important for your child, but also offers you as parent peace of mind.

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

Cost:

Training rides Gr 1 -7 one session a week: R700 per month paid upfront

Training rides Gr 1 -7 two session a week: R1000 per month paid upfront

One-on-one session 1:1 R1500 for 4 sessions

“We live and breathe to cycle and we want to share our passion with you.”

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