



## Lunch time Bike Club

My name is Mhairi Furtado and I have been running a bike club at Hayes Primary School for 2 years now. I am a British Cycling coach with 7yrs experience. My goal is to give children the skills to ride their bikes with confidence and to teach them the necessary skills and techniques to do so. This will make their transition from park to road safer and will give parents piece of mind that their child is equipped to do this.

I coach regularly at a local cycling club and local primary schools and worked at Cyclopark in Gravesend as one of their schools coaches, so I have lots of experience to bring to your club.

I always start my sessions with skills and techniques which I then expand on with a game after a short break. For example, this could be balance and gear changes, which we then put together and play Bike football or Bike Limbo.

**All Children must have their own working Bike and helmet. Gloves are not a requirement but I strongly recommend these. They should bring a drink and a snack and a rain jacket if it is wet, as cycling in the rain and on wet ground is a skill in itself.**

At Hayes you are lucky as I have use of a range of mountain bikes if the ground is unsuitable for your child's bike or if we are doing gear changing and your child's bike has no gears.

Places are limited to 18 and this will be on a first come first served basis. Please email me with your form filled in. Those who are not successful you will be put on a waiting list. I will email you conformation of your child's place before I collect payment.

Start / Finish dates Friday 13<sup>th</sup> September- 6<sup>th</sup> December (11 weeks)

Time 12.30pm – 1.15pm

Cost £4.00 per week (£44)

Payment details - Mrs Mhairi A Furtado

Account Number- 20621196

Sort code- 40-47-59

Reference- HBike and Surname

**If you have any further enquiries please contact me on 07747494838 or [mhairi.furtado@gmail.com](mailto:mhairi.furtado@gmail.com)**

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Pupils name and class.....

Parents name and contact number.....

Contact email.....

Allergies or medication.....

Any further information you think I should know.....  
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