



SKILLBUILDERS GROUP PROGRAMME

BIKE RIDING

Ages 6+

Our bikeriding group focuses on improving children's bike skills and confidence. As well as being a great social activity, bikeriding helps develop core strength, balance, coordination, endurance and full body sensory awareness. And above all, it's FUN!!

This group caters for all children above 6 years of different skill levels. The group is run by two therapists (OT/Physio) and parents/carers are welcome to participate. Usually, we run the group at Kara Playground in Treeby. Children will need their own bike and a helmet.

For more information, please contact us on (08) 9332 2223

Email: Info@skillbuilders.com.au

