

pedal yourself TO POWER



*A fun, inclusive, welcoming and safe environment
in which to master the art of riding a bike!*

The Ballarat Sebastopol Cycling Club Power 2 Pedal program is a new 4-week bike riding program for people with autism. The program will offer participants the opportunity to learn how to ride a bike and include it in their lifestyle. This program is suitable for children aged 5–12 years old.

- ✓ Confidence
- ✓ New friends
- ✓ Ride a bike
- ✓ Lifestyle

**Includes
a free bike
consultation with
Freedom Wheels!**

*Optional offering –
Monday 8th
February, 2021*

when

Monday 15th February –
Monday 15th March 2021

(no session on Labour Day – 8th March)

time

4.00pm – 4.45pm or
5.00pm – 5.45pm

where

Victoria Park, Ballarat

\$40 +gst
per person
for 4 week
program



what are the **BENEFITS?**



Power 2 Pedal

Our **Power 2 Pedal** program has been specifically designed to help get more kids and teens with autism riding their bikes and including active transport into their weekly routine.

Power 2 Pedal is a 4-week after school program, with sessions running for 45 minutes at the Victoria Park in Ballarat with all facilitators specifically trained by Cycling Australia. We encourage families to be part of the journey by coming to the sessions to support the children as well as meeting new families.

A week prior to the program beginning, Freedom Wheels are hosting a free bike consultation for all participants. Freedom Wheels work with people living with disability to provide customised bicycles. Freedom Wheels bikes are built to the individuals' height and weight, as well as physical and cognitive abilities. Their customised supports give people living with disability the confidence and freedom to ride a bike. For more information about Freedom Wheels visit www.freedomwheels.org.au

For bookings visit:

<https://www.trybooking.com/BOCXE>

For more information contact Tom McCarthy

on 5331 6966 or thomasm@sportscentral.org.au

www.sportscentral.org.au



If participants require support, please ensure that this is organised prior to the sessions by contacting the coordinator.

NEED TO BORROW A BIKE? JUST ASK!

