



Bike Intensive: Learn to Ride

Helping kids gain balance, confidence, and independence on two wheels!



How Does It Work?

Our Biking Intensive is a **highly individualized program** designed to meet each child where they are in their riding journey. Lessons are tailored to your child's needs and skill level.

- **Step 1: Bike Fit Check (30 minutes)** – We meet your child, assess their bike, and make adjustments to ensure it's safe and properly sized. We often **remove pedals** at first to work solely on balance and build confidence.
- **Step 2: Five 1-hour Lessons** – Lessons focus on three key areas:
 - **Balance** – Building core stability and body awareness.
 - **Confidence** – Helping kids feel safe, motivated, and ready to ride and navigate their environment.
 - **Pedaling** – Putting it all together for independent riding.
- **Step 3: Practice Between Sessions** – Home practice is necessary to maximize progress.

Why the Bike Fit is Essential

Even if a bike shop has already fitted your child, a Bike Fit with us is critical.

- Bike shops sell bikes to grow into, but learning to ride requires the right size for right now.
- A properly fitted bike helps your child feel secure and in control, which speeds up learning.
- We'll adjust the seat, handlebars, and even remove pedals to help your child focus on the basics before pedaling.

Cost

- **\$350 per child**
Includes the Bike Fit Check and **five 1-hour lessons**.
Payment is required to secure your spot.

Next Steps & Where to Go

1. **Complete our Intake Form:** <https://linktr.ee/mocomovementcenter>
2. **Sign our Waiver:** We will email it once you complete the intake
3. **Payment Online:** <https://www.mocomc.com> click the **Pay Online** Button
4. **Schedule Your Bike Fit:** We'll coordinate with you to find a convenient time.

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