

Lee Valley VeloPark – E20 3AB		
Activity	Description	Age
VeloBalance	This session is aimed at children that have no prior experience of cycling. Using balance bikes (bikes with no pedals) coaches will teach children to balance on the bikes to hopefully glide on the bikes with their feet off the floor.	2+
Pedal Up!	This session teaches children basic skills for all four cycling disciplines.	Under 7
VeloStudio	Led by a trained coach your group will be led through one of the main fitness training sessions to improve pedalling style and general fitness in the venue's state of the art VeloStudio.	N/A
All Ability Cycling	Lee Valley VeloPark is able to offer a comprehensive range of all ability cycling sessions for people with a wide range of disabilities.	N/a
Tandem Cycling Track/Road	This is a one-hour taster session on the track or road circuit for participants who are unable to ride a bike independently (including participants who are visually impaired). Participants will be on the back of the tandem and guided by a tandem pilot.	12+
Track cycling	This is a taster session that allows participants to experience riding the velodrome.	12+
Road cycling	This is a taster session that allows participants to experience riding Lee Valley VeloPark's road circuit.	10+
BMX cycling	This is a taster session that allows participants to experience riding the reshaped Olympic BMX track. Participants experience riding the bumps of the BMX track.	7+
Mountain biking	This is a taster session that allows participants to experience riding Lee Valley VeloPark's off road MTB trails. Participants will ride the 5kms of MTB trails available and learn how to negotiate the lumps, bumps and drops that the trails offer.	10+