



What If My Child Needs More Than One Week?

Every child learns to ride at a different pace. Many children learn to pedal independently during their 5-day intensive week, while others may need additional time, practice, strength-building, or repetition before riding confidently on their own.

Progress Depends On Many Factors

- Attention to directions
- Motor planning and coordination
- Balance and postural strength
- Confidence and anxiety level
- Endurance and regulation
- Ability to tolerate practice and repetition
- Consistency and willingness to practice at home

The Importance of Home Practice

Children who make the fastest progress are typically practicing consistently outside of lessons.

- Practicing the activities given during the Bike Fit
- Practice at least 1–2 times daily outside of sessions (even 10 minutes helps)
- Continue exercises and strategies taught by instructors
- Send videos for troubleshooting support or feedback
- Some children may benefit from a 1–2 week pause focused on home practice and strengthening

What We Look For During the Bike Fit

The Bike Fit is more than an equipment adjustment appointment. It helps us assess readiness skills, identify potential challenges early, and discuss realistic expectations with families.

- Difficulty sustaining attention in different environments
- Significant anxiety or fear
- Limited balance reactions
- Core/postural weakness
- Difficulty following motor directions
- Limited tolerance for repetition or frustration

These factors do not mean a child cannot learn to ride; only that they may need a longer timeline and additional support.

Additional Support Options

Tune-Ups / Continued Training

Some children benefit from 1-2 additional sessions after their intensive week to continue building skills with instructor support.

- Our instructors will give you activities to work on at home that will assist in improving balance and coordination needed for biking.
- \$50 per additional 45 minutes session
- Continued home practice is essential
- Videos may be shared for feedback and troubleshooting
- Bike adjustments can be made as needed

Additional Full Intensive Week

If a child would benefit from more comprehensive continuation of training, we may recommend another full intensive week.

Families returning for an additional full week receive **25% off** the regular Bike Intensive rate.

Our Goal

Our goal is not simply to get a child pedaling, but to help them build confidence, safety awareness, independence, balance, coordination, and long-term riding success.

Some children learn quickly. Others need a longer runway and that is okay. We work collaboratively with families to determine the best next steps for each child.