

LIFE SKILLS THROUGH BIKE SKILLS



Girls in Gear helps riders build confidence on and off their bikes.

Weekly 75-minute sessions designed through age-appropriate lessons for riders ages 5+ focus on a mix of emotional development, bike maintenance, safety and riding skills.



We encourage all riding abilities to join us.

Scholarships, bikes, and helmets are available for anyone in need of financial assistance.

Saturdays, starting September 24 at Bedminster Hike and Bikeway

**Ages 8-10 from 9-10:15am
Ages 11-13 from 10:30-11:45am**

REGISTER

TO RIDE

girlsingear.org

**Registration is open at girlsingear.org.
Email info@girlsingear.org for more information.**