



HopOn Youth Programs

July and August

The grassroots HopOn program is designed to help young people master basic cycling skills and build confidence through on-bike achievement. Launched by Ontario Cycling and supported by the governing National Sport Organization Cycling Canada, the program is a fun, games-based and inclusive of all riders. Our goal is to provide a safe and inclusive environment for youth and young teens to socially interact and develop their on-bike skills with our trained and provincial instructors.

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Alberta Bicycling Association

[Glenmore athletic park](#)

Overview

We are offering free youth programs at Glenmore Athletic Park on Tuesday and Thursdays evening starting July 15 and will run for 2 week cycles. Drop off will be between 5:30-5:45 and the sessions will go until 7pm. During these sessions youth will learn basic bike handling skills, advanced bike handling skills, and how to ride in a group.

Goals

1. Get more youth into cycling!
2. Teach kids the basics of cycling and how to ride safely with others

Specifications

Kids ages from 10-18 are welcome to join our programs. There will be a cap of 10 kids per session with a sign up to register on Zone 4. It is first come first serve and registration will close 2 days prior to the day.

Registration Links

[HopOn Sessions #1](#) Tuesdays and Thursdays July 15-24

[HopOn Sessions #2](#) Tuesdays and Thursdays July 29 - August 7

[HopOn Sessions #3](#) Tuesdays and Thursdays August 12,14,19,21

Lessons

Each lesson will have a different focus with the goal being kids come for the 2 week progression block. If you are unable to attend or would like to skip one of the sessions that is fine.

- Day 1 basic skills
- Day 2 Advanced skills
- Day 3 Skills worked on in games
- Day 4 Group riding skills

Equipment

I. Bike and Helmet

Please bring your own bike that can be ridden on the road and grass. It is mandatory to be wearing a helmet at all times during our programs

II. Water and Snacks

Make sure to bring water to stay hydrated and a snack to stay fueled.