

# Haven Holidays

**Leisure Operator:** Haven

**Contact:** Andy Bell

Haven Holidays recognised the need to introduce balance bikes in 2011 after introducing Bikeability. So many children either could not ride a bike so were not able to participate and the ones that could were not so interested however there was a real appetite from parents wishing to get their children started.

An increase in parental time pressures means that children are not learning valuable life skills - with nearly half of the UK's children unable to ride a bike by the time they turn six.

According to new research nearly half (45%) of parents have less than 17 minutes a day to teach their children new skills, like learning to ride a bike. Parents reference working longer hours (43%) and completing household chores (44%) as the main barriers stopping them teaching their children to ride a bike.

A fifth (19%) of children take over a month to learn to cycle at home, but the structured Balanceability course currently being run by Haven Holiday's gives children the opportunity to progress from Balanceability bikes to independently riding a pedal bike, without stabilisers whilst enjoying quality family time together.

- Sessions were running on Sat/Sun/Wed & Thurs
- 50mins/session
- 6 children/session
- Level 1 sessions (in full)
- Level 2 activities added as necessary (depending on ability/competence)

**For more information:**

**Call: 0845 303 8385**

**Email: [info@balencability.com](mailto:info@balencability.com)**



## Instructor Feedback

We consistently receive special mentions in our surveys on how beneficial the activity has been for the children and it has been quite clear parents feel better educated on what they need to focus on when assisting their children themselves.

Balanceability is part of our most popular core activities where we get repeat bookings, which is always a great sign!

We do have quite a few children older than 6 years and this proves difficult due to the size of the bikes but we take pedal off.

When observing the sessions; parents and children are absolutely thrilled with the set-up of lessons and find the equipment we use (with and without a bike) a really great selling tool which immediately attracts the children and engages them throughout the session.

We run typically 1 session a day 5 days a week (45 min session) with 6 in a group (6 balance bikes, 2 pedal bikes)

We mainly run level 1 sessions (if we need to we add bit of level 2 into level 1 for the more confident riders)

We have a couple of pedal bikes to make the transition, if participants in the group are confident on the balance bike and ready to progress to riding.

Normally we will see the twice or three times during the stay where they will do a structured session (mixture of balance games and games on the bikes)

# Course

- 1<sup>st</sup> introduction: July 2013
- Pilot Course date: August 2014
- Course: October 2013

Each child is assessed on the following aspects of physical literacy:

**1. Static Balance:** able to stand with control and minimal postural sway

**2. Dynamic Balance:** measured by walking on the river stones and seeing how many times the child put either foot on the ground when they should have been on the river stone obstacle.

**3. Listening to Instructor:** attentiveness to instruction and able to implement

## Client Feedback

- Parents usually book 2 sessions at a time and, therefore, coaches try and progress the children further during these sessions
- Parents are always encouraged to get involved (help set up cones, or support their child on the bike). We remind parents they are having fun the kids will too!
- Parents receive 'pointers' for when they return home to continue in their child's success of mastering riding a bike

## People say the nicest things...

...“ A great course that gives the children a brilliant opportunity to develop new skills and the chance to ride balance bikes for the first time”

Yes, I would highly recommend this course to parents, as it has been very enjoyable and informative on how to give children the best start on bikes”...



**Balanceability**

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