



CYCLABILITIES - LEARN TO BIKE RIDE BALANCE AND GLIDE 4-8 YEARS AND 9-12 YEARS

Cyclabilities Balance is the first step in cycling. The program supports children to learn to ride a bike from balancing to gliding to pedals and riding.

- Develop balance, gliding, control, changing direction and braking skills.
- Build core stability, balance and co-ordination skills using off bike games and balance bikes
- Develop pedestrian and cycle safety skills
- Build social skills, confidence, communication skills, listening skills, and emotional regulation.



ABILITIES UNLIMITED AUSTRALIA (AUA)

January 2022 school holiday PROGRAMS

AUA's all abilities, inclusive, allied health and teacher informed programs aim to ensure that children and families are given the opportunities, skills, support and guidance that they need to meaningfully make active recreation and sporting opportunities of their everyday life.

WATERABILITIES WATER FUN 4-8 YEARS

This program utilises land based water games and fun activities to support children to become ok with getting wet, playing in water safely and developing skills that will help once in a pool environment.

- Enjoy water play in a safe way
- Develop breath control, leg and arm strength, propulsion, balance and coordination.
- Develop water safety skills, communication skills, turn taking skills, social/emotional skills

MOVEABILITIES 4-8 YEARS

Moveabilities fun, engaging program aims to empower children of all abilities to develop skills, motivation and confidence to be active for life.

- Develop balance, muscle endurance and cardiovascular fitness skills
- Enjoy throwing, jumping and running movement skills useful for all sports
- Build team work skills, builds social skills, confidence, self esteem and develops listening skills and concentration.



CYCLABILITIES - ON THE PEDALS 6 - 12 YEARS

Cyclabilities On the Pedals program is the next step in cycling and aims to develop cycle handling skills through fun on bike games and includes a strong focus on safe, inclusive and responsible cycling.

- Glide pedalling: smooth, calm and collected
- Control your bike: set off, cruise, slow down, brake, stop, pedal one handed!
- Pedal: without feeling wobbly or out of control
- Hazard awareness: look, turn, avoid obstacles.
- Build safety skills, confidence, social skills and friendships



SHREDABILITIES 6-9 YEARS AND 10 - 13 YEARS

Shredabilities is an intensive holiday program to teach you how to safely develop the skills to ride a skateboard.

Learn and develop:

- Develop dynamic balance, unilateral strength and coordination, and postural awareness/stability.
- Develop safe riding skills
- Develop, skateboard posture, how to push, roll, glide, stop and turn.



Register at: www.cyclabilities.com.au