

FREE GIRLS BMX SESSION

HAWKS
BMX RACE CLUB



Date:
SUN 18th Oct
1.00–2.00PM

Bike and equipment will be provided and 12 participants can be accommodated, so places are limited. We aim to run these sessions monthly.



Participants need to be able to ride an ordinary bike and stand up and pedal.



Participants also need to wear long trousers, ideally jeans. **NO Leggings.**

☆ **Female** only session

☆ **BMX** exercises

☆ **Skills** & BMX techniques

☆ **Fun** games & mini laps



Registration via email
hello@hawksbmx.co.uk

**RIDE.
LEARN.
HAVE FUN!**



Hayes Hawks BMX Track
Lake Farm Country Park, Dawley Road,
Hayes, UB3 1EJ

The Free Session will be run by a
Female Coach,
Harriet Alexander



Featuring guest racer, Iris (Hawks Race Club)



ALL ABILITIES WELCOME!

