FREE
FUN FEMALE ONLY SESSION

HAWKS BMX CLUB

SUN MARCH 29TH 2026

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

HAYES HAWKS BMX TRACK

Lake Farm Country Park, Dawley Road, Hayes, UB3 1EJ

ABC Alexander Coach Bmx

Registration via email

hello@hawksbmx.co.uk

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