



Marmotte

Prerequisite

The children need little biking experience for the first level. To participate in the lessons, they only need to be able to ride on flat ground on a bike.

Criteria

In the first level, the children get used to the bike. They learn to get on and off the bike on an easy terrain (grass) and to ride and brake in a controlled manner without falling. They also learn how to handle the steering system and the child copes with the first obstacles independently. The lessons are playfully structured and include various group exercises.