

A little inspiration from your coach: *You did it! You're here, you're ready. Where inspiration meets action, therein lies the key to all transformation. And it starts with a single step.*

Hello Happy Cyclist Parent!

It was wonderful to talk with you! I am grateful and honored that you have chosen me as your child's bike coach to ride along with them on this part of their journey. I'm looking forward to meeting you and your child soon and helping them achieve the goal of learning how to ride a bike. Oh the places they'll go!! I'm so excited for them!

Each individual **Beginner Bike Riding Lessons for KIDDOS Program** will include four 60-minute lessons, targeted instruction, mindfulness/stress-reduction training to help reduce nervousness, and custom homework to do between sessions to help your child progress and learn how to ride a bike. You will also receive a phone call for guidance on the best bicycle size/fit for your child.

****To secure your child's first lesson, your payment is due prior to scheduling. The sooner the better so we can get started as soon as possible.***

A few reminders to note prior to purchasing your Program (your purchase confirms that you have read and agree to all of the information below):

- If you have not already, please **read** over the attached form and my terms at <https://www.happycyclists.com/terms>
- **Current availability:** At this time, classes are taught only on Saturdays
- **Method and Scheduling your lessons:** During your lessons, your coach will teach your child a set of bike skills to master. This program is offered at an accelerated weekly pace and will require practice between lessons to ensure that the skills are mastered prior to the next lesson.
- **Reschedules:** Your class is scheduled at the start of your program and reschedules are not available. Refunds are not offered for missed lessons.
- **Inclement Weather:** I will provide you with a rainy-day schedule at the start of your program. The rainy day make up days are for all lessons affected by inclement weather. If there is a possibility of inclement weather, you will receive a phone call from me to let you know we will not be meeting at least one hour prior to the lesson. Please confirm receipt once received. (for students who are travelling further than an hour for lessons- I will email you the night before.)
- **ALL lessons must be scheduled within the 2019 season ending on November 1. We do not offer refunds.**
- **Additional lessons** are available and are \$125/per 60-minute lesson. Please know that **my 50+ students** have typically gone at a slower pace and have needed additional lessons.

- **FOR KIDDOS:** You will **need to have a bike for the first lesson**. Your child will begin practicing what he/she learns from each lesson. Please email me when you are ready to purchase your child's bicycle so that I can consult with you on the proper bike for your beginner bike rider.
- **Physical exertion:** You have confirmed that your child is able to jog at a moderate pace if needed as the lessons will include some jogging. This method involves a fair amount of **aerobic exercise**.
- **Additional waiver:** You agree that you have let your Coach know of all **injuries or conditions that may interfere** with your child learning how to ride a bike or riding a bike. You agree that you have checked with your child's health care provider to see if bike riding is a good fit for him/her and to ask them if he/she is physically able to sustain a fall. You confirm that you understand that there is a possibility of falling off a bike during your child's bike lessons and you completely take on all financial responsibility and liability in the case of a fall. You agree that while engaging in bike lessons that your child will do so using your best judgment and discretion. Ensure that you have **checked with your healthcare provider** to see if bike lessons are right for you or your child. There is always a possibility of falling and you accept all responsibility. Your Coach does not offer lessons for folks or children with certain conditions due to limitations on your coach's training and you are confirming that you have been completely upfront with your Coach on this subject. Please know that no refunds are offered in the case that a condition presents that your Coach is not trained in.
- **Location:** The lessons are taught on location at residential neighborhoods or parks in **Raleigh**. Please email me two days prior to your lesson with the exact address.
- **Payment:** The fee for your Beginner Bike Lesson Program is \$499. You can pay by check or credit card. If by check, please make the check payable to Rebecca Cooley and drop off or mail to: 1135 Kildaire Farm Rd., Ste. 200, Cary NC 27511. Please email me to let me know you have dropped off or sent your check. (if dropping off a check, please drop off during normal business hours to the 2nd Floor Reception area and ask the receptionist to place it in Rebecca Cooley's mailbox. The office opens at 9:00 am and closes at 5:00 pm on non-holidays.). Once the check is received I will email you to schedule your child's lessons. (If paying by credit card, please use this link <https://squareup.com/store/rebecca-cooley/item/happy-cyclists-two-min-bike-lessons>)

What to bring to your first lesson:

- **Kiddos:** bring your bike, helmet, gloves, protective gear including knee and elbow pads
- Wear breathable long pants and long sleeve shirt in case of falls

Please give me a call at 919/815-4607 if you plan to arrive later than your scheduled start time.

Please let me know if you have any questions. I look forward to meeting you and your children soon! Thank you!

Wishing you much peace and joy,
Rebecca

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Rebecca Cooley, Bike Instructor
Certified Master Coach
Mindfulness/Stress-reduction Coach
Member, International Coach Federation member
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Let's connect!
Linked In at Rebecca Cooley
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