



GIRLS IN GEAR

Community Park School
Wednesdays starting 9/17/2025
Time: 3:15 pm - 4:45 pm
Ages: 8-11



What is Girls in Gear?

Girls in Gear is a nonprofit program that offers programs for every rider - from first-timers on balance bikes to confident two-wheelers ready for a challenge. Every session blends skill-building on the bike with lessons in confidence, connection, and self-discovery. All of our programs include:

- ✦ Thoughtful, age-appropriate lessons
- ✦ Fun, non-competitive movement-based activities
- ✦ Team-building for empathy & inclusion
- ✦ Reflection exercises to reinforce big ideas



**Scan to
sign up!**



WHY BIKING MATTERS

Through biking, Girls in Gear helps girls stretch their boundaries, explore their leadership potential, try new challenges, and discover their inner strength, one pedal stroke at a time.



FOR EVERY GIRL

We provide bikes, helmets, and scholarships to ensure every girl can participate, regardless of financial barriers.

Find your perfect program and sign up today at girlsingear.org/register.

Email diana@girlsingear.org for more information.