



MOUNTAIN BIKE COACHING

For adventurous kids aged 6 – 13

The Muddy mission is to build little Mudders' confidence, fitness and technical skills on a mountain bike, whilst nurturing their passion for adventure!

Sessions Saturdays from 9:00-11:30 - dates vary

Cost £30 a session (10% discount for block booking)

Location Woodrow High House, Amersham HP7 0QG

[Book Now](#)

 hello@muddymtb.com

 Muddy MTB Amersham

 01494 580109





ABOUT OUR COACHING SESSIONS

Age ranges are only a guide. Please get in touch if you're not sure which session would be best for your little Mudder.

Junior sessions are held on the first Saturday of the month and advanced sessions are held on the third Saturday of the month.

Juniors (ages 6 – 10)

In junior sessions, greater focus is placed on the foundational skills and techniques of safe mountain biking. All sessions will be held at Woodrow.

Advanced (ages 9 – 13)

In advanced sessions, greater focus is placed on building stamina, as well as specific techniques required to complete longer and more challenging courses. Sessions may be held at Woodrow or a nearby trail.



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