

Group	Description	Open to:	Indicative Age	Indicative Wheel Size	Indicative Terrain	Session Day & Times
<b>White</b>	White riders have progressed from their balance bike (or training wheels) and are ready to take their pedal bikes onto Mystic Park's mellow lower trails. White group is about becoming a stronger rider while having a tonne of fun on two wheels with friends.	Boys and girls	4 – 6	16" – 20" pedal bike	Pump Track, Hot Wheels, Sugar Glider	Tuesday 4:30 – 5:45pm
<b>Green</b>	Green riders are building stronger legs and better bike control, allowing them to ride further and on more challenging trails. Green group are building skills to confidently ride Mystic Park's green and blue trails. Green riders will learn braking, body position and off-road riding skills in a safe, fun and supportive environment.	Boys and girls	6 – 8	20" – 24"	Roller Coaster, Wombat's Lair, Progressing to Tombstone, Slider and Shred Kelly	Tuesday 4:30 – 6pm
<b>Blue</b>	Blue riders are building their skills, confidence, and stamina. They are riding further and faster on flow trails and beginning to tackle Mystic's steeper and more technical trails. Coaching for blue riders will include body position, cornering, braking and riding technical features.	Boys and girls	8 – 11	24" – 27.5"	Tombstone, Shred Kelly, Down DJ, Progressing to Curtain and Dreamweaver	Tuesday 4:30 – 6pm

<b>Orange</b>	Orange riders are riding further and faster and tackling Mystic Park's steeper and more technical terrain with confidence. Coaching for orange riders will include cornering, braking, riding technical features, reading the trail and manoeuvres.	Boys and girls	10 – 13	26" – 29"	Hero, Curtain, Dreamweaver, Corkscrew, Progressing to Lockdown and Elevation	Tuesday 4:30 – 6pm
<b>Magenta</b>	Magenta is a girl only group with an emphasis on fun, social riding, exploring new trails and skills coaching sessions, proudly supported by #thisgirlcanvic. Coaching for magenta riders will include cornering, braking, riding technical features, reading the trail and manoeuvres.	Girls only	8 – 12	24" – 29"	Shred Kelly, Hero, Curtain, Dreamweaver	<b>Friday</b> 4:30 – 6pm
<b>Purple</b>	Purple is a girl only group with an emphasis on fun, social riding, exploring new trails and skills coaching sessions, proudly supported by #thisgirlcanvic. Coaching for purple riders will include cornering, braking, riding technical features, reading the trail and manoeuvres.	Girls only	12 – 17	24" – 29"	Shred Kelly, Hero, Curtain, Dreamweaver	Tuesday 4:30 – 6pm