



Welcome to the GROM ARMY! Information for parents and riders.

Our program focuses on developing rider skills through drills, trail riding, and fun! The 2026 season includes 8 sessions in May and June. Sessions 1–4 will be skill and drill focused and sessions 5–8 will be skill themed trail rides. This year, the program will run on **Tuesday and Wednesday** evenings. Each night, we will offer intro and intermediate groups, while the 13+ advanced group will remain on Tuesdays. Wednesdays will include additional grouping options for new riders and beginners.

Riders must be **7 years-old by May 2026** to participate. The program fee is **\$160**, which includes instruction, Headwinds membership, Alberta Bicycling Association insurance, and a GROM ARMY t-shirt.

For the first few sessions, riders will be grouped based on age and instructor knowledge of their riding history. After these sessions, instructors may adjust groups as needed. Our goal is to create fun, safe, and developmentally appropriate groups. We strive to balance age, social connections, and rider ability, though this process can be challenging at times. We appreciate your understanding and support.

All sessions will start and end at the [Lethbridge Bike Park](#) :

- **Start:** 6:00 PM
- **Pick-up:** Between 7:30–8:00 PM

Dates and the full schedule are attached.

Please note, sessions may be cancelled due to rain or heavy smoke. If weather conditions are questionable, please check your email and the Grom Facebook page on the day of the session. We do not ride on wet or muddy trails. While we will try to reschedule cancelled sessions, fees will not be adjusted.

### **Drop-Off, Bike Checks & Equipment**

Drop-off and pick-up areas can be busy. Meet zones will be reviewed with riders and parents on the first night. Please ensure riders **do not ride on roadways or in parking lots upon arrival**, as these areas remain open to traffic and are not controlled.

All riders must have:

- A **safe, well-maintained bike**
- A **properly fitting cycling helmet** (less than 3 years old)
- **Water** for all sessions

Riders without proper equipment or whose bikes do not meet safety standards **will not be allowed to participate**. Ensuring equipment safety is the responsibility of both the rider and parent. If you are unsure if your child's bike is safe or requires maintenance, please visit Ascent Cycle or Alpenland in advance of our season. Both shops will support Groms with discounted rates on service available.

### **Parent Responsibilities**

All parents must **stay on-site for the group bike check with their rider**. Parents of riders **12 and under** must attend bike checks for every session. Parents of riders **13+** may leave after the first session, but should remain nearby until bike checks are complete.

Parents do not ride with groups unless invited by the instructor.

On the first night, we will have a short parent meeting after bike checks to review the program and answer any questions.

**Thank you!**

Thank You  
GROM ARMY