



## BEACH CYCLING

Great for developing a student's sense of self and personal identity and when used as part of CYC's self awareness program, provide great opportunities for students to develop an awareness of self and perseverance.

TIME FRAME	Generally conducted over a 3 hour period, however other time frames can be negotiated depending on your requirements.
NUMBER OF PARTICIPANTS	20-25
KEY OUTCOMES	Self confidence, self awareness, resilience
SUITABLE AGES	Grades 8-12

THE CHANGE YOU WANT TO SEE  
IN THE WORLD LIES WITHIN



WORKS WELL AS PART OF A

**SELF AWARENESS**

PROGRAM

