

ABOUT THE GOFREE UGANDDA SCHILDREN CYCLING CLUB PROGRAM

The GoFree Uganda School cycling club program creates opportunities for fun inclusive physical activity. Children learn how to ride a bike and the principles of safe cycling. The inclusive cycling Physical activity helps improve concentration and behavior, having a positive effect on a child's ability to learn.

About GoFree Uganda

GoFree Uganda Ltd is licensed by the Kampala Capital City Authority and certified by the Uganda bureau of company registry.

We are a social enterprise grass root Bicycle company based in Kampala with a vision of offering the best adventurous recreational biking tours and bicycle related services to Uganda and the world at large while creating employment opportunities for the local youth in Uganda with whom we work with to make each single tour and service such a remarkable experience for our dear customers and supporters.



The magic of the GoFree Uganda Children's program is that, besides being fun and engaging for children, it builds confidence and self-esteem; helping children make good life choices and focus better in the classroom. Children learn cycling skills among challenging skills of bike riding, and receive bike safety lessons. More importantly, children develop high self-esteem, confidence and independence.

The curriculum was developed in conjunction with the nutrition department at Boston University's Sargent College for Health and Rehabilitation Sciences, and meets national core learning standards for physical education, reading and comprehension, and math.

The GoFree Uganda Children's cycling club program breaks the cycle of inactivity habits, social isolation and low self-esteem. It helps children get back to the basics of fitness with fun, simple, sustainable skills they can take with them throughout the rest of their lives.

How It Works

The Program is a full year curriculum for students that can be implemented in physical education and academic classes at various levels of the school set up. We provide all the subscribed students for the cycling club with bikes for riding during the club sessions on designated days and times.

Our sessions are facilitated by highly experienced cycling trainers/coaches with enormous knowledge and experience in cycling and conducting inclusive cycling learning sessions. Explore our website to learn more about our activities and involvement it can be found on www.gofreeuganda.com.

For schools we offer inclusive well tailor-made cycling lesson packages guided by a holistic cycling curriculum.

Building on the core excitement of riding a bike, the Children's cycling club program helps children to build emotional strength through social inclusion as well as physical strength through cycling.

The GoFree Uganda Children's school cycling club program is designed to supports schools to educate their students to build a foundation for lifelong physical and emotional wellbeing and shaping a supportive environment where students can thrive.

Implementation at your school

We have the capacity to conduct cycling lessons at your school premises or at any agreed space. Our team will come with accessories/equipment and carry out the sessions. We work with small groups per session to ensure every child is fully engaged. Our principle in this regard is to ensure that all children are engaged per active cycling outdoor session.

GoFree Uganda School cycling program coaching and management Team

- Akuwa Derick (GoFree Uganda Director)
- Gessa Sophie (GoFree Uganda Project and program coordinator)
- Alirdri Bob (Intermediate cycling coach/ GoFree Uganda School cycling program Head)
- Ssaava Dhamulira Mweera (Beginners cycling coach / GoFree Uganda operations Head)
- Matovu Jeff (Beginners cycling coach / GoFree Uganda chief whip)
- Kakande Lawrence (Intermediate cycling coach / GoFree Uganda marketeer)



Here are some of the proven benefits of the children cycling program

Benefits of the cycling clubs for kids

Physical activity improvement: By making bike-riding fun, social, and safe, cycling children get hooked on a healthy social and fun activity.

Personal growth improvement: The Children's cycling club program helps children feel self-reliant and improve their confidence, self-esteem, and sense of well-being.

Social growth improvement: The children cycling club program gives kids an opportunity to socialize with other children in a positive, social, and non-competitive physical activity.

Benefits of the cycling club for Schools

Schools receive a proven program that helps them successfully incorporate a wellness curriculum into their physical education classes.

Through the children cycling program, schools

Educate and instill in children positive, safe, and active lifelong habits.

Enable children to master new skills and increase their self-confidence.

Create an environment where mentoring can thrive.

Provide opportunities for children to make friends.

Benefits for the Communities

Our program has the unique power to knit a community together in support of our children. Community stakeholders all connect with one another and with students to help communicate the importance of a healthy lifestyle. Friendships flourish, forming mentoring relationships children can count on when they need support.

