



# Cycling for 10 - 14 year olds

 Every Wednesday in August 

AT THE IOW MTB CENTRE, SHORWELL, PO30 3JE

## 10:00 ARRIVAL & BIKE CHECK

## 10:30 COACHING SESSION

Develop riding skills with qualified coaches

## 12:00 LUNCH

Participants bring their own packed lunch

## 12:45 TRAIL ADVENTURE

Guided trail ride, with participants practising what they have learned in the coaching session

## 14:15 FINISH

Suitable for children who are competent bike riders

Sessions on the 3rd, 10th, 17th, 24th and 31st of August

ONLY £5.00 per day

Limited spaces available -  
email [sports.unit@iow.gov.uk](mailto:sports.unit@iow.gov.uk)  
or call 01983 823818 to book



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