



**Easter Holidays Bikeability Courses**

**Tuesday 3rd April to Friday 6th April 2018**

Related imageAll you need is a bike, which is in a roadworthy condition and a helmet that fits.

**Level 1** **Courses** teaches basic bike-handling skills in a controlled traffic-free environment.

This is a 2 hour course, 10am -12 noon, so cyclists will need to attend one of the morning sessions on Tuesday, Wednesday, Thursday or Friday.

Cost: £5.00 a session

Each cyclist who successfully completes the course will receive a Level 1 badge and a certificate.

**Level 2** **Courses** teaches trainees to cycle planned routes on minor roads, offering a real cycling experience.

This is an 8 hour course, 1-3pm, so cyclists will need to attend all of the sessions: Tuesday, Wednesday, Thursday and Friday.

Cost: £20.00 for the course

Each cyclist who successfully completes the course will receive Level 1 & 2 badges and a certificate.

Please make sure that your child wears suitable clothing and footwear, brings a waterproof coat, a snack and drink to the Bikeability session.

**Where:**    Island Innovation VI Form Campus,

                Upper St. James Street,

                Newport,

                Isle of Wight,

                PO30 1LJ •

If you would like to book your child on a course or need further information please call Ross on 07984 170013 or email [ross@wightcycle.co.uk](mailto:ross@wightcycle.co.uk).

Many thanks

***Nicky and Ross***

At what age can children start Bikeability?

Children can start Bikeability Level 1 as soon as they can ride a bike without stabilisers. It’s recommended that beginners start with Level 1 so they can master their bike balance and control skills before moving on to Level 2, where they gain the skills and experience needed for making on-road trips.

Most children take part in Level 1 when they are in Years 4 or 5 (aged 8-10), and Level 2 when they are in Years 5 or 6 (aged 9-11), but, if you think that your child is ready to start learning at a younger age you could ask a local Bikeability provider about introductory courses or one to one tuition.

***Nicky***

*Nicky Metcalf*

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