

SUMMER CYCLE TRAINING







WHEN? - 22nd to 30th July 2019

COST? £5 per session

WHERE? - Medina Leisure Centre, Fairlee Rd, Newport PO30 2DX

Mon	Tue	Wed	Thu
22nd & 29th	23rd & 30th	24th	25th
L2R	L2R	B2	B2
B1	B1	B2	B2

L2R – Learn to Ride – *0930 to 1030*—For those that want to learn to ride a 2 wheeled bike.

B1 – Bikeability 1 – *1100 to 1300* — Playground session aimed at those children who want to develop their skills before learning to ride on quieter roads. Minimum 8 yrs old

B2 – Bikeability 2 – *1000—1430.* aimed at those who want to learn to ride safely on quieter roads. Minimum age of 10 years. Please note that the first session will be a playground session to ascertain if your child is of a standard to continue on to the road sessions. Sessions run over 2 days.

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