

Cycle Skills Training – 21 August – 1 September 2017

Times	Monday	Tuesday	Wednesday	Thursday	Friday
AM 10am – 12pm	<p>Basic cycling skills – beginners / level 1</p> <p>5-day course. You should be able to attend all 5 days.</p> <p>Course 1 - 21 – 25 August</p> <p>Course 2 - 28 August – 1 September</p> <p>Families – children 8+ and adults. Children should be supervised.</p> <p>Bring your own bike. We can also provide a bike for you.</p> <p>Places are limited. Please make a booking via email or phone.</p> <p>Venue: Westway Sports Centre, 1 Crowthorne Rd, London W10 6RP.</p>				
PM 12:30 – 2:30pm	Ride around the borough: 21 August – 1 September. Each afternoon is a different ride. Please book.				
	Ride around the borough 1	Ride around the borough 2	Ride around the borough 3	Ride around the borough 4	Ride around the borough 5
	Level 2 – on road	Level 2 – on road	Level 2 – on road	Level 2 – on road	Level 2 – on road
	Westway Sports Centre, W10	Westway Sports Centre, W10	Westway Sports Centre, W10	Westway Sports Centre, W10	Westway Sports Centre, W10
	Bring your own bike. We can also provide a bike.	Bring your own bike. We can also provide a bike.	Bring your own bike. We can also provide a bike.	Bring your own bike. We can also provide a bike.	Bring your own bike. We can also provide a bike.

ALL SESSIONS ARE FREE. Booking is required.

To book please email cycling@rbkc.gov.uk or phone Marina Kroyer on 020 7361 4259

