



FREE February Half Term Holiday Cycle Courses

CYCLE TRAINING - BIKEABILITY COURSES

CYCLE PROFICIENCY FOR THE 21ST CENTURY

Cheshire West and Chester Council is pleased to announce FREE cycle courses during February half term (18th – 23rd February 2013 9:15am to 11:15am) to help children in the borough with their cycling – offered by our training provider Cycle Experience. Venue Frodsham Fire Station, Ship Street, Frodsham, Cheshire WA6 7NW

Learn to Ride – this course lasts for 2 hours and is trained in a traffic free environment. It is designed for none riders to help them gain and develop the skills needed to be able to ride a bike. The course is run for young people aged **6 – 11** years old.

Level 1 only – this course lasts for 2 hours and is trained in a traffic free environment. It is designed for those who can already ride a bike but wish to improve their general control and develop the skills needed ready to go onto the road at level 2. The course is aimed at **6 – 11** year olds.

Level 2 – this course lasts for 6 hours run over 3 consecutive days (2 hours per day). The first hour (level one) is delivered in a traffic free environment to establish children are safe to go onto the roads for the main Level Two training. This course is aimed at **9 – 11** year olds who can already ride a bike.

IMPORTANT INFORMATION

For level 1+2 courses YOUR CHILD MUST BE ABLE TO ALREADY RIDE A BIKE as all courses are about increasing confidence for children already riding or for children learning to ride on the roads – they are NOT teaching anyone how to ride a bike. They must have a roadworthy bike (BMX bikes are welcome but must have both front & rear brakes and cycle helmet that fits properly. **For the Level 2 course your child will be riding in traffic and so it is essential that they are able to control their bike, signal, look behind them, brake safely and concentrate for 2 hours at a time.**

If you wish your child to attend one of these courses, you must be able to drop off and collect your child at the given time and days.

If your child is unable to complete the whole course or does not have the required ability to go on to the roads you will be called and asked to collect them after the first hour.

Numbers of children for the Level 2 courses are restricted to ensure safety on the roads so bookings will be accepted on a first come first serve basis.

DEADLINE FOR BOOKINGS RECEIVED: ONE WEEK PRIOR TO THE START OF A COURSE

To book on a course please visit the website of Cycle Experience, select Cycle Training, then Holiday Courses. You must select your area then choose one of the venues we are running the courses from. Once submitted you will see a choice of courses, dates and times, simply select your desired choice.

If you are viewing this advert online simply click on this hyperlink

<http://www.cycleexperience.com/holidaycourses/holiday-cycling2.php>



Cheshire West
and Chester