



Adult Cycle Training 2016

Level 1 - Based in the school playground (i.e. not on the road), teaching the basics of how to ride a bike. This is great for new cyclists or if you haven't been on a bike for a long time. A maximum of 4 participants to 1 instructor. **You can borrow a bike if needed.**

Level 2 - Training on quiet local roads to cover the basics of road positioning and communicating with other road users. This level is great for anyone who wants to cycle on roads. Maximum of 6 participants to 1 instructor. **You must have a roadworthy bike.**

Where: Beechwood Primary School,
Ambleside, Woodley, RG5 4JJ

Cost: £3 per session



Date	Level 1	Level 2
23 rd April	10-11am	11- 12 midday
30 th April	10-11am	11- 12 midday
7 th May	10-11am	11- 12 midday
14 th May	10-11am	11- 12 midday
21 st May	10-11am	11- 12 midday
28 th May	10-11am	11-12 midday

For more details or to book a session please contact the Active Travel
Officer on: myjourney@wokingham.gov.uk

