Family February Holiday Cycling Training

Please see below dates and venue for our hugely popular cycling week as part of the London Borough of Bexley Cycling programme.

Our courses are free, funded by Transport for London, to make every journey count by making our journey greener, safer and fun.

Our morning (AM) course is for complete beginners, and our afternoon (PM) course is for those who can ride a bike but would like to improve their skills. **Please select BEGINNERS (AM) or IMPROVERS (PM) on the consent form so we can ensure you are allocated a place on the correct course.**

Please note

- Participants must attend their chosen session (AM or PM) on all the days of their chosen week and attend every day of the course!
- Bookings will ONLY be confirmed once your consent form has been returned. Please see attached and return with your booking request!
- Please note that these are FAMILY courses and adults must participate with children. Children must be at least 4 years old.
- Please do bring your own bikes if you have them. If you need to borrow a bike please let me know at time of booking. If your child needs a bike we do need to know their inside leg measurement to match up a bike that will fit.
- Places are restricted and must be booked in advance. You may only book a place for your own family. Courses are only open to Bexley residents or those who work/attend school in the borough (you may be asked for proof of eligibility).

**Tuesday 19th and Wednesday 20th February**
Location: Sporting Club Thamesmead Bayliss Avenue Thamesmead SE28 8NJ
Session one: 10am-12pm OR Session two: 1pm-3pm

Please note you must attend both Tuesday and Wednesday sessions.

We look forward to see you!

Kind regards

Heather Wellington

*Bikeability Administrator*