

# ON YOUR BIKE!

Want to get back on your bike but feel anxious?

Would you like to ride on the road but lack the confidence?

If you haven't ridden for a while but want to refresh your cycling skills, come and join our instructors who will take you through confidence-building techniques and lead you on adventurous rides around the borough.

This 4- week course is for anyone who wants to get back on their bike!

Participants must be 16 years and over. **Booking is essential.**

Either bring your own bike or use one of ours! **Electric Bikes Available!**

*See overleaf for details.*



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## FREE CYCLING TRAINING

Venue: **CROYDON ARENA**

Date: **A choice of 4-week programmes  
between May and November 2017**

COURSE 1: **May 6, 13, 20, 27**

COURSE 2: **June 3, 10, 17, 24**

COURSE 3: **July 1, 8, 15, 22**

COURSE 4: **July 29, Aug 5, 12, 19**

COURSE 5: **Aug 26, Sept 2, 9, 16**

COURSE 6: **Sept 23, 30, Oct 7, 14**

COURSE 7: **Oct 21, 28, Nov 4, 11**

Day: **Every Saturday**

Time: **10:00-12:00**

Cost: **Free**

Book online: **<http://bit.ly/crgoyb17>**

Or email:

**[info@cyclinginstructor.com](mailto:info@cyclinginstructor.com)**

Or call: **0845 652 0421**

**[www.cyclinginstructor.com](http://www.cyclinginstructor.com)**



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**CROYDON**  
[www.croydon.gov.uk](http://www.croydon.gov.uk)