

CONFIDENT.
SAFE.
FUN.

Free urban
cycle skills
courses
in Brent



Brent



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 group rides around the borough.

This 4-week course is for anyone who wants to improve their cycling skills and confidence.

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

Either bring your own bike or use one of ours!

Willesden Sports Centre
Donnington Rd
London NW10 3QX

A CHOICE OF 4-WEEK PROGRAMMES

Every Saturday, 10am-12noon

COURSE 1 April 22, 29, May 6, 13

COURSE 2 May 20, 27, Jun 3, 10 (subject to demand)

COURSE 3 Jun 17, 24, Jul 1, 8 (subject to demand)

COURSE 4 Jul 15, 22, 29, Aug 5 (subject to demand)

COURSE 5 Aug 12, 18, 26, Sep 2 (subject to demand)

COURSE 6 Sep 9, 16, 23, 30 (subject to demand)

COURSE 7 Oct 7, 14, 21, 28 (subject to demand)

COST: FREE

To book, go to:

<http://bit.ly/brenturban17>

Or email info@cyclinginstructor.com

0845 652 0421

www.cyclinginstructor.com

