

## **WE HAVE THE FOLLOWING EVENTS COMING UP DURING THE UPCOMING SCHOOL HOLIDAYS – BOOK EARLY TO AVOID DISAPPOINTMENT!**

### **BIKEABILITY FIX**

Bikeability Fix is a basic maintenance course for children to enable them to check that their bike is roadworthy and to make simple repairs eg punctures. Children do not need to bring their bike or any equipment. Everyone that attends will receive a puncture repair kit to enable them to fix a puncture at home. Parents can attend too FREE! Suitable for children aged 10 – 14 years of age.

When: Wednesday 1<sup>st</sup> June 2016

Time: Session 1 09:30 – 11:15  
Session 2 12:00 – 13:45

Where: Belfairs Academy, Leigh on Sea

### **Level 2 Bikeability Course**

Take part in a Bikeability Level 2 course and develop your riding skills to become a safe and confident cyclist on the road. Suitable for 9 – 14 year olds. You must have a suitable bike and helmet to take part in this course.

When: 15 & 16 August 2016 (both days must be attended to complete the course)

Time: 09:00 – 13:00

Where: Meet in Southchurch Park

### **Level 3 Bikeability Course**

Has your child completed Level 2 Bikeability and wishes to be able to plan a route and cycle to senior school? Take part in this Level 3 course and become more confident on busier roads. Suitable for 10 – 14 years olds. You must have a suitable bike and helmet to take part in this course.

When: 17 August 2016

Time £30.00

Where: Meet at Leigh Railway Station

### **Bikeability Balance**

This course is suitable for children of 3 & 4 years of age. The Balance programme develops confidence, spatial awareness, dynamic balance and helps to develop fine motor skills through games and challenges both on and off of a balance bike. The course is NOT a learn to ride session but your child will develop all the skills needed to progress onto a bike with pedals. We provide all the equipment your child will need for this course.

When: 25 to 28 July 2016 (all 4 sessions must be attended to complete the course)

Time: Session 1: 12:30 – 13:30 Session 2: 14:00 – 15:00

Where: Leigh North Street Primary School

### **Learn to Ride sessions**

Suitable for all ages. Book 1:1 training with one of our accredited instructors. Haven't got a bike? Hire one of ours!

When: 25, 26, 27 and 28 July 2016

Time: 09:00 -09:45 / 10:00 – 10:45 / 11:00 – 11:45

Where: Leigh North Street Primary School

### **Level 1 Bikeability**

This Level 1 Bikeability course teaches all the basics needed to be safe on a bike as well as how to check that a bike is in good working order. There will be a chance to practice all of these skills in fun challenges and games. If you haven't got a bike you can hire one of ours! Suitable for 7 – 10 year olds.

When: 25 & 26 July 2016 (both days must be attended to complete the course)

Time: 13:00 – 15:00

Where: Leigh North Street Primary School

All of the above courses can be booked via our website [www.cyclesouthend.co.uk](http://www.cyclesouthend.co.uk). For queries please call 01702 215595.