

# FUN CYCLE COACHING SESSIONS FOR YOUNG RIDERS



## Half Term Cycling in Ely

The Paradise Centre, Newnham Street, Ely, CB7 4PQ

**with British Cycling's Regional Coach**

**Friday 2<sup>nd</sup> June**

**10am-12pm & 1pm-3pm** (both different)

Registration from 9:40am-9:55am and 12:40pm-12:55pm

£6 per session / £10 per day – Both sessions different

**Improve your skills & try some races - 9yrs-14yrs**

**BIKES & HELMETS provided FREE of charge** (subject to availability)

OR bring your own bike suitable for riding off road with two working brakes

**What to wear & bring?** Close fitting tracksuit bottoms/trousers, trainers (no flip flops or sandals), water based drinks in plastic bottles, break-time snack, waterproofs if wet. Bring a packed lunch & something to sit on if staying all day.

**Parental consent required**

For more information please call Alison on 07983 809120 or e-mail [alisonlilley@britishcycling.org.uk](mailto:alisonlilley@britishcycling.org.uk)

To learn more about HSBC UK Go-Ride and find your local club, visit: [britishcycling.org.uk/go-ride](http://britishcycling.org.uk/go-ride)