



## CYCLE TRAINING - BIKEABILITY COURSES 2016

Wigan Borough Council is pleased to announce that they will be running Summer Holiday Courses to help children in the borough improve their cycling skills – these courses will be run by our training provider ‘*Cycle Experience*’.

**Bikeability Level 1 & 2** is aimed at 10 to 14 year olds who can already ride a bike. The course will run over 4 consecutive days (2 hours per day) and will be **either** a morning or afternoon course (not a combination). On Monday the first hour (Level 1) is delivered in a traffic free environment to establish children are safe to go onto the roads for the Level 2 training.

### IMPORTANT INFORMATION

**CHILDREN MUST BE ABLE TO RIDE A BIKE** as this course is about increasing confidence and learning to ride safely on quiet roads. This course is **NOT** teaching anyone how to ride a bike. Children must have a roadworthy bike (BMX bikes are welcome but must have both front & rear brakes and no stunt pegs) and a cycle helmet that fits properly. **Children will be riding in traffic so it is essential that they are able to control their bike, signal, look behind them, brake safely and concentrate for 2 hours at a time.**

For children to attend one of these courses, the great news is that there is no charge. However, we would ask that parents drop off and collect children at the given times on each day.

Numbers of children for each course are limited to a maximum of 8 to ensure safety on the roads so bookings will be accepted on a first come first served basis.

**DEADLINE FOR BOOKINGS RECEIVED: TWO WEEKS PRIOR TO THE START OF A COURSE.**

To book children on a course please visit the website of Cycle Experience (<http://www.cycleexperience.com/holidaycourses/>). You must select your area – **WIGAN** then choose one of the venues we are running the courses from. Once submitted you will see a choice of courses, dates and times, simply select your desired choice.

To help speed up the process for you, below is a snapshot of the Bikeability Level 1 & 2 courses, their venues across Wigan, dates, times and course codes.

VENUE	DATES (Monday – Thursday)	MORNING COURSE TIME (CODE)	AFTERNOON COURSE TIME (CODE)
Orrell Holgate Primary School (WN5 8SJ)	25 <sup>th</sup> to 28 <sup>th</sup> July 2016	10am – 12pm (W1)	1pm – 3pm (W2)
R L Hughes Primary School, Ashton in Makerfield (WN4 9QL)	1 <sup>st</sup> to 4 <sup>th</sup> August 2016	10am – 12pm (W3)	1pm – 3pm (W4)
Westfield Community Primary School, Pemberton (WN5 9XN)	8 <sup>th</sup> to 11 <sup>th</sup> August 2016	10am – 12pm (W5)	1pm – 3pm (W6)

**If you have any query or require any further information or assistance, please contact Steve Kyriacou (Regional Manager) or Leigh Phillips (Regional Assistant), Cycle Experience**

**Mobile: 07530 711825 (Steve) | 07530 711071 (Leigh)**

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