



## October Half Term Holidays 2018

### Free cycle training

### For children and adults who live, study or work in Newcastle upon Tyne

**Have you not yet learned to ride a bike?**

**Do you want to improve your cycling confidence on or off road?**

**Do you want to be able to cycle with friends and family?**

**There's a training session for you!**

Due to the increasing popularity of our school holiday events, Newcastle City Council Road Safety will be holding four days of **free** cycle training at The Hub, Newcastle Quayside. The two hour training sessions will be available to children and adults from 6 years who study, live or work in Newcastle upon Tyne, and it's **free!**

We will be offering off road sessions of Learn to Ride and Level 1 Bikeability. Bikeability is a National Standards for cycle training, further information can be found at [bikeability.org.uk/](http://bikeability.org.uk/).

If you are looking to develop your confidence on the road, we offer other training sessions, please speak with one of our Instructors for alternative dates for training.

**Learn to ride** is suitable for complete beginners and will be tailored to the ability and pace of the trainees.

**Level 1 Bikeability** new riders learn to control and master their bikes in a space away from traffic. This is aimed at those who can set off, pedal and stop. The course focuses on perfecting bike handling skills such as stopping in control, using gears and signalling.

#### **Where and when**

- Dates: Mon 29<sup>th</sup> Oct 2018  
Tue 30<sup>th</sup> Oct 2018  
Wed 31<sup>st</sup> Oct 2018  
Thu 1<sup>st</sup> Nov 2018
- Time: 10.00 – 12.00 and 13.00-15.00
- Age: Adults and children 6 years+
- Location: The Hub, Quayside, Newcastle upon Tyne, NE6 1BU



Children must be accompanied by an adult. Participants will need to provide a bike and helmet unless arranged with our Instructors. Refreshments are available to purchase at The Hub.

**For further information or to book:**

Email: [cyclinginthecity@newcastle.gov.uk](mailto:cyclinginthecity@newcastle.gov.uk)

Phone: Yvette on 07779725339 or Cheryl on 0191 2115961

You can also visit [www.letsride.co.uk](http://www.letsride.co.uk) to book your place.