

Half Term Activities @ Capital of Cycling

Activities for the whole family this half term: from balance biking for tots through to lessons for adults, the whole family can get cycling in no time! We're also running a family mechanics session – bring and learn to fix your bikes as a family.

Book online as places are limited – www.capitalofcycling.org/half-term

Capital of Cycling is an indoor venue with seating area for parents and siblings. All Equipment is provided although you're welcome to bring your own stuff if relevant to the session.

Kids Learn to Balance Sessions (ages 2-6 & upwards)

Thursday 31st Oct, 10am, 11am & Friday 1st Nov, 10am

Our qualified tutor will start your little one balancing on one of our specially designed balance bikes and from this they will be able to graduate to a pedal bike, without the need for stabilisers.

- Develop cycle skills, safety tips and confidence
- Indoor venue with seating area for parents and siblings if needed
- All Equipment Provided (including helmets) although you are welcome to bring your own child's bike and helmet if you prefer



Learn to Ride Sessions (5-14-year olds)

Every Saturday, 3pm

We're delighted to be hosting Learn to Ride Sessions every Saturday at 3pm. Our qualified Bike-ability instructors will help get your kids on two wheels for fitness and fun!

The sessions last an hour and are normally £5 but are FREE during half term.

- For 5-14 year olds who can't yet ride or want to raise their abilities
- Develop cycle skills, safety tips and confidence
- Please dress the children suitable (slip-ons, welly boots and long jackets or skirts can be a slight obstacle). Trainers or sturdy shoes are ideal



Family Fun Riding Session

Thursday 31st October, 11am

Try out our mad range of bikes! Play along with our cycle challenge games.

Straightforward fun – kids’ mess around on indoor track. Riding ability unimportant. Depending on your size, try tandems, reclining bikes, four-seater bikes and more. A DBS-checked, qualified instructor will be present.

- Please note: All kids must be supervised by an adult and you remain responsible for their safety
- For 5-12-year olds who want to have a bit of fun with bikes
- Develop cycle skills and confidence
- All Equipment Provided (including helmets) Although qualified instructors are present, children must be capable of following safety instructions and parental supervision is still required.



Adult Cycle Lessons

Every Thursday, 12:30 and 3pm

Our professional trainer will work with you to assess your needs and to get you up and running in a friendly, stress-free manner, at your pace.

The lessons are subsidised in order to make them affordable to all. You can attend as many as you like but places are limited so please book in advance. All equipment is provided.



Learn to ride – for the complete beginner (12:30-2:30 pm)

Our experienced instructors will guide you step by step, from getting on and off, to bike handling and balance. Using our indoor track. All equipment provided.

Novice – for new or returning riders (3-5 pm)

This course is delivered in a traffic-free environment and it is for people who can already ride a bike but who are not very confident. Pick up the skills and knowledge you need to go down to the local park or to take a trip out into the countryside.

Family Mechanics Session @ Capital of Cycling

Learn to fix your family's bikes with our friendly mechanics

Friday 1st Nov – 12-2pm



Wouldn't it be nice if when your kids break their bikes, that they could fix themselves with a bit of guidance from you? Going to Halfords can be expensive. Make sure the bikes are safe and road-worthy for the whole family and learn/share some useful skills.

- You can bring along up to four people (at least one adult per two children)
- Bring your bikes along to fix in the session (bring up to three bikes)
- Learn some basic mechanics including fixing punctures and brakes
- Hopefully cycle away with working bikes!
- If you don't have bikes, we have low-cost second-hand bikes you could work on within the sessions
- Wear sensible clothes that you don't mind getting a bit of grease on!



The sessions will take place indoors in our Capital of Cycling workshop

Please book online as places are limited – www.capitalofcycling.org/half-term

Any questions? E-mail info@capitalofcycling.org or ring Dave on 07743471764