

# FREE ADULT CYCLE TRAINING SESSIONS

## LEARN TO RIDE



Ride on your own for the first time or cycle more confidently. Paced at your level in a traffic free space we develop control and handling skills.

## COMMUTER CONFIDENCE



This session will help you fully develop your cycling skills to ride with confidence on roads with more traffic or more complex road junctions/layouts.

## BOOKING IS ESSENTIAL - LIMITED PLACES AVAILABLE

To be eligible for the Adult Cycling Lessons/Bike Scheme you must be:

- **18+ years old**
- **Living within Cheshire East or access work/education within Cheshire East**
- **Looking for a new way to travel to work or education**

*\*If you are bringing your own bike to either of our cycle training sessions and it is in need of maintenance please let us know and we can signpost you to **Community Recycle Cycles** to ensure its safe.*

*\*If you don't own a bike but would like to access the training please still apply as we are working with **Community Recycle Cycles** who might be able to provide you with a bike & helmet.*

Sessions will be running in Crewe & Macclesfield, for more information or to book your place scan the QR code or email: [activetravel@everybody.org.uk](mailto:activetravel@everybody.org.uk)



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