



# Bikeability Level 3 Advanced Cycle Training Holiday Courses (Ashford)

## Who is it for?

This course is ideal for children who have already achieved level 2 Bikeability at primary school and are looking for that extra confidence on the bicycle before starting secondary school.

## What is it?

Courses run over 2 days for 2 hours each day. The training is delivered in pairs (each instructor works exclusively with 2 children so everybody gets lots of focused attention).

Training begins with a revision of level 2 Bikeability skills and continues to take in more advanced traffic situations. We focus on helping the children plan and ride a safe route (typically to school or other favourite destination). The route will include traffic lights, roundabouts and utilise established cycle routes where possible. Children will learn to anticipate other road users' behaviour and carry out manoeuvres with skill and confidence.

At the end of the course successful children get a **Level 3 Bikeability** certificate/badge and we provide feedback to parents on the child's progress.

## Dates & Times

27<sup>th</sup> and 28<sup>th</sup> July (9.00-11.00 **or** 11.30-13.30 **or** 14.00-16.00)

29<sup>th</sup> July and 2<sup>nd</sup> August (9.00-11.00 **or** 11.30-13.30 **or** 14.00-16.00)

3<sup>rd</sup> and 4<sup>th</sup> August (9.00-11.00 **or** 11.30-13.30 **or** 14.00-16.00)

5<sup>th</sup> and 6<sup>th</sup> August (9.00-11.00 **or** 11.30-13.30 **or** 14.00-16.00)

Children will need to attend both of the sessions.

## Venue

Meet at the Victoria Park Cafe (next to bowling centre).

## Instructors

Professional cycle instructors (fully insured, enhanced CRB cleared and first aid trained)

## Course Cost

Parental contribution £10/child (balance funded by MKA Sport Partnership)

## Contact

Spencer Morgan





# Booking Form

Parent/Carer's name.....

Email.....

Mobile Tel.....Home Tel.....

Child's name.....Age.....

Child's school.....

Please indicate course preference dates and times on the table below. Please mark all suitable dates/times with a tick (✓). **Places will be allocated on a first come first serve basis.**

Email/text confirmation will be sent on receipt of £10 cheque/cash payment.

	9.00-11.00	11.30-13.30	14.00-16.00
27 <sup>th</sup> and 28 <sup>th</sup> July			
29 <sup>th</sup> July and 2 <sup>nd</sup> Aug			
3 <sup>rd</sup> and 4 <sup>th</sup> August			
5 <sup>th</sup> and 6 <sup>th</sup> August			

I confirm:

I am the parent/carer of the above child and I give my consent for them to participate in Bikeability cycle training. I understand that:

1. I will need to provide a roadworthy bicycle and cycle helmet
2. The training will take place in public spaces and on roads
3. Completion of training does not mean that it is safe for my child to cycle in all conditions. To become a proficient cyclist takes practice.
4. The instructor may, at any time, refuse to train my child if their behaviour or competence is deemed to be unsuitable.

..... **Signed Parent/Guardian**

Please return booking form together with a £10 payment/child to us at the address below.

**Places will be allocated on a first come first serve basis.**

**Cheques payable to Cycle Circle.**

**www.CycleCircle.co.uk**

**0776 222 1024**

**info@CycleCircle.co.uk**

**Sandyhurst Farm, Sandyhurst Lane, Ashford, Kent, TN25 4NT**