



FREE CYCLING TRAINING IS AVAILABLE IN WYRE FOREST

Cycling is a great way to improve your general health and fitness. It is an effective and enjoyable form of aerobic exercise and can help reduce the risk of heart disease, high blood pressure, obesity and diabetes.

DO YOU LIVE IN WYRE FOREST DISTRICT COUNCIL AREA? ARE YOU AGED 16+? WOULD YOU LIKE TO LEARN TO RIDE? WOULD YOU LIKE TO IMPROVE YOUR SKILLS AND CONFIDENCE WHEN RIDING? WOULD YOU LIKE TO CYCLE MORE ON BUSIER ROADS?

If so, the following training is available:

- **Get Started:** Learn to ride in a safe off road environment.
- **Confidence Building Riding:** Start off road and progress to quiet local roads. Learn to negotiate junctions and other hazards safely. Understand road positioning.
- **Intermediate Training:** For infrequent cyclists who would like to cycle more. Gain more knowledge of safe cycling techniques on local roads.
- **Advanced Training:** Want to cycle more? Learn to tackle busier roads and junctions and town centre traffic.

We can offer you two x 2 hour sessions completely free. Training will be delivered locally by qualified cycle instructors experienced in delivering National Standards Bikeability* training.

Note * Bikeability is the National Standard for Cycle Training, a UK Government standard run by the Department for Transport and approved by RoSPA, Road Safety GB, British Cycling, CTC, Sustrans and Cycling England.



To find out more call 01562 732569 or email:
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