

## CHRISTMAS BIKEABILITY LEVEL 1 COURSE



### Course Dates:

Monday 21<sup>st</sup> December – 9.30 – 11.45am  
Monday 21<sup>st</sup> December - 1.00 – 3.15pm

### Venues:

Thornton Community Centre

### ENTRY CRITERIA:

Years 2, 3, 4, 5 & 6

### COURSE DURATION:

2 hours

**COST: £20**

With Christmas approaching, ME Sports in the Community CIC have partnered with NW Active CIC and we are delighted to offer children the opportunity to complete their Bikeability Level 1 accreditation.

Bikeability Level 1 teaches basic cycle control skills in a safe environment away from roads and traffic with the course taking place at Thornton Community Centre.

Children will need to be able to cycle independently (no stabilisers) before coming onto the course and as the course is delivered outside will need to be dressed appropriately in warm, weather proof clothing with gloves recommended.

Our fully qualified and DBS checked Bikeability Instructors provide a welcoming and supportive environment nurturing cyclists to develop and feel confident when cycling.



An excellent opportunity to develop fundamental cycle skills through our Bikeability accreditation.

To book a place please email [dave@megroup-uk.co.uk](mailto:dave@megroup-uk.co.uk) or call 01530 242 706.