



Aigburth
Community
Cycle Club

Free Cycle Skills & Cycle Maintenance Training

We're a community cycle club affiliated to Cycling UK and we've been awarded Big Bike Revival Funding to offer free cycle skills and cycle maintenance training.

Pre-booking required, for more information email

aigburthcommunitycycleclub@gmail.com

or phone 0151 728 7884

Or download the free Spond booking app and join our group using code GSDOY.

Bikes available to borrow for free for all sessions

Cycle Skills: Traffic Free

Sat 11 Nov @ 11am – 1pm

Sat 13 Jan 2024 @ 11am – 1pm

Sat 10 Feb 2024 @ 11am – 1pm

*Starting at Greenbank Sports Academy, Greenbank Lane,
L17 1AG*

Suitable for anyone who hasn't been on a bike for a while or who wants to build confidence in a traffic free environment. You'll learn how to:

- * Fit and adjust a helmet
- * Check your bike is safe to ride
- * Use your brakes and gears
- * Cycle up and down hill
- * Turn right & left, signal and turn to look behind



Cycle Skills: Quiet Roads

Sat 18 Nov @ 11am – 1pm

Sat 20 Jan 2024 @ 11am – 1pm

Sat 17 Feb 2024 @ 11am – 1pm

*Starting at Greenbank Sports Academy, Greenbank Lane,
L17 1AG*

Suitable for anyone who wants to build confidence cycling on quiet roads. You'll learn how to:

- * Stop and start on road journeys
- * Identify and respond to hazards
- * Maintain suitable ride position on the road
- * Communicate effectively with other road users
- * Negotiate junctions

Cycle Maintenance Workshops

Sat 20 Jan 2024 @ 9am – 1pm

Sat 17 Feb 2024 @ 9am – 1pm

Sat 16 March 2024 @ 9am – 1pm

Venue: Lark Lane Community Centre L17 8UU.

Suitable for anyone who hasn't done cycle maintenance training before. You'll learn:

- * How different parts of a bike work
- * How to maintain your bike in good working order
- * How to fix minor issues

No prior knowledge needed.



**LIVERPOOL
CITY REGION**
COMBINED AUTHORITY



METRO MAYOR
LIVERPOOL CITY REGION