



Free Cycle Skills Training for Adults

Aigburth Community Cycle Club is an inclusive community club sharing the joy of cycling with people of all abilities. We're affiliated to Cycling UK and we've been funded by their Big Bike Revival to offer free cycle skills training.

Pre-booking required, for more information email info@aigburthcommunitycycleclub.org 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: Learn to Ride
Sat 11 May @ 12pm – 2pm
Sat 13 July @ 12pm – 2pm
Sat 7 Sept @ 12pm – 2pm
Sports Hall, Greenbank Sports Academy, L17 1AG
If you've never learned to ride a bike or you want to build confidence in a safe indoor environment this is the training for you. You'll learn how to:

- * Fit & adjust a helmet,
- * Check your bike is safe to ride
- * Get on & off safely
- * Use your brakes to stop
- * Balance without the pedals by propelling yourself along with your feet
- * Gradually introduce pedalling



Cycle Skills: Traffic Free
Sat 1 June @ 11am – 1pm
Sat 21 Sept @ 11am – 1pm
Meet at Greenbank Sports Academy, L17 1AG
Training takes place in Sefton Park
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 8 June @ 11am – 1pm
Sat 28 Sept @ 11am – 1pm
Meet at Greenbank Sports Academy, L17 1AG
Training takes place on quiet roads in L17
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

