

Inclusive cycling sessions – 2015 timetable

Key	WfW open session	SOGB learn to ride	Led-bike ride	Out There on A Bike	K2 Disability Day/ Events
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Month	Date	Day	Session	Time	Month	Date	Day	Session	Time
March	22	Sun	K2 Disability Fun Day	10am-3pm	July	3	Fri	Out There on a Bike	10.30am-12 noon
April	18	Sat	FREE open session	10.30am-12.30pm		10	Fri	Out There on a Bike	10.30am-12 noon
	24	Fri	Out There on a Bike	10.30am-12 noon		11	Sat	Learn to ride	9.30-10.30am
May	1	Fri	Out There on a Bike	10.30am-12 noon		11	Sat	WfW open session	10.30am-12.30pm
	2	Sat	Learn to ride	9.30-10.30am		17	Fri	Out There on a Bike	10.30am-12 noon
	2	Sat	WfW open session	10.30am-12.30pm		18	Sat	Learn to ride	9.30-10.30am
	8	Fri	Out There on a Bike	10.30am-12 noon		18	Sat	WfW open session	10.30am-12.30pm
	15	Fri	Out There on a Bike	10.30am-12 noon		22	Weds	Learn to ride	3-4pm
	16	Sat	Learn to ride	9.30am-12.30pm		22	Weds	WfW open session	4-5pm
	16	Sat	WfW open session	10.30am-12.30pm		24	Fri	Out There on a Bike	10.30am-12. noon
	22	Fri	Out There on a Bike	10.30am-12 noon		25	Sat	Learn to ride	9.30-10.30am
	27	Weds	Learn to ride	3-4pm		25	Sat	WfW open session	10.30am-12.30pm
	27	Weds	WfW open session	4-5pm		26	Sun	Led-bike ride	9.30-11am
	29	Fri	Out There on a Bike	10.30am-12 noon		29	Weds	Learn to ride	3-4pm
	30	Sat	Learn to ride	9.30-10.30am		29	Weds	WfW open session	4-5pm
	30	Sat	WfW open session	10.30am-12.30pm		31	Fri	Out There on a Bike	10.30am-12 noon
	31	Sun	Led-bike ride	9.30-11am					
June	5	Fri	Out There on a Bike	10.30am-12 noon					
	12	Fri	Out There on a Bike	10.30am-12 noon					
	13	Sat	Learn to ride	9.30-10.30am					
	13	Sat	WfW open session	10.30am-12.30pm					
	19	Fri	Out There on a Bike	10:30am-12 noon					
	28	Sun	K2 Disability Fun Day	10am-3pm					



Aug	5	Weds	Learn to ride	3-4pm	Sep	4	Fri	Out There on a Bike	10.30am-12 noon	
	5	Weds	WfW open session	4-5pm		6	Sun	K2 Disability Fun Day	10.00-3:00pm	
	7	Fri	Out There on a Bike	10.30am-12.30pm		11	Fri	Out There on a Bike	10.30am-12 noon	
	8	Sat	Learn to ride	9.30-10.30am		18	Fri	Out There on a Bike	10.30am-12 noon	
	8	Sat	WfW open session	10.30am-12.30pm		19	Sat	Learn to ride	9.30-10.30am	
	12	Weds	Learn to ride	3-4pm		19	Sat	WfW open session	10.30am-12.30pm	
	12	Weds	WfW open session	4-5pm		25	Fri	Out There on a Bike	10.30am-12 noon	
	14	Fri	Out There on a Bike	10.30am-12 noon		27	Sun	Led-bike ride	9.30-11am	
	19	Weds	Learn to ride	3-4pm		Oct	2	Fri	Out There on a Bike	10.30am-12 noon
	19	Weds	WfW open session	4-5pm			3	Sat	Learn to ride	9.30-10.30am
	21	Fri	Out There on a Bike	10.30am-12 noon			3	Sat	WfW open session	10.30am-12.30pm
	22	Sat	Learn to ride	9.30-10.30am			9	Fri	Out There on a Bike	10.30am-12 noon
	22	Sat	WfW open session	10.30am-12.30pm			17	Sat	Learn to ride	9.30-10.30am
	26	Weds	Learn to ride	3-4pm			17	Sat	WfW open session	10.30am-12.30pm
	26	Weds	WfW open session	4-5pm		Dec	12	Sat	K2 Disability Fun Day	10.00-3:00pm
	28	Fri	Out There on a Bike	10.30am-12 noon						
30	Sun	Led-bike ride	9.30-11am							

Please be aware some sessions may be cancelled at short notice subject to weather, low numbers, or special events. To avoid disappointment please call or email prior to the day to reserve your place.

Venue

The Inclusive BMX Track, Cherry Lane, Langley Green, RH11 7NX

Prices

Prices vary between £4 and £5 depending on session, carers and sibling come for free

For more information

Visit www.crawley.gov.uk/wfw where you can keep up to date with what's going on and learn more about our range of bikes. Alternatively call the Crawley Wellbeing Team who will be happy to answer any questions you may have.