



Southend
WHEELERS

Cycling
for everyone

Go-Ride Cycling Coaching

Canewdon Primary School
(Playground)

Sundays 1045 AM

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|--------------------|-------------------|-------------------|
| 25 April 10 | 09 May 10 | 23 May 10 |
| 06 June 10 | 20 June 10 | 04 July 10 |

6 – 16 year olds

Go-Ride - is British Cycling's development programme for young people in the sport of cycling in a traffic free environment. The sessions are run by British Cycling trained coaches. They will commence with basic bike handling skills in a fun and safe way in a traffic free environment and progress through other skills e.g., braking, cornering, using gears as well as knowing how to check over a bike to make sure it is safe. Each session will be 75 minutes long and will start at 1045.

For more details about these Go-Ride sessions at Canewdon Primary School and to book a place please contact Southend Wheelers Youth development Officer – Peter Swanwick, 01702 472628, goride@southendwheelers.org. The number of places is limited so places must be booked in advance.

For more information about the Go-Ride Programme please see the British Cycling website: [www.britishcycling.org.uk/web/site/BC/clu/what is go Ride.asp](http://www.britishcycling.org.uk/web/site/BC/clu/what_is_go Ride.asp)

Each rider should bring their own bike with two working brakes, a helmet, clothing suitable for the weather on the day and a drink.

There will be a charge per session of £3.00 per rider payable on the day. (Free to Southend Wheelers members)

Please note the school buildings will not be open and therefore there will be no changing or toilet facilities available on site.

Sessions run on Sunday mornings at 1045 every two weeks on these dates: 11Apr10, 25Apr10, 09May10, 23May10, 06Jun10, 20Jun10, 04Jul10

go-ride
supported by **sky**