



Each course is made up of five, weekly two-hour sessions and is run by qualified instructors.

Don't have a bike or helmet? No problem, we can provide equipment* at the start of the course.

For more information and to book your free* place online, visit www.choosehowyoumove.co.uk/cycling-courses or call **0116 3058116**.



*failure to return loaned equipment during the allocated time or attend at least three sessions, may result in a charge. Full terms & conditions can be found on the website.

Want a great way to stay in shape and save money?

Anyone **aged 16 or over** can sign up for one of our **free*** cycling courses, taking place across Leicestershire.

You will:

- Develop your cycling skills and confidence
- Learn to safely cycle on the road
- Find out how to do basic bike checks

Cycling Courses in the Hinckley area

Hinckley, Hollycroft Park Tennis Courts, LE10 0HG

Saturdays, 10am-12noon

October 17, 24, 31 & November 7, 14

Barwell, William Bradford Academy, LE9 7PD

Saturdays, 10am-12noon

September 5, 12, 19, 26 & October 3

Burbage Junior School, LE10 2AD

Thursdays, 5.30-7.30pm

August 6, 13, 20, 27 & September 3

Earl Shilton, Weavers Close School, LE9 7AH

Tuesdays, 6-8pm

June 9, 16, 23, 30 & July 7