

Boost your confidence with cycle skills sessions

Conquer your fears and discover the freedom of cycling anywhere, any time with our two hour Cycle Safely sessions.

The FREE sessions will help you to improve your cycle skills and confidence and include practical advice on:

- › Controlling your bike
- › Assessing traffic
- › On road positioning
- › Communicating with other traffic
- › Basic bike maintenance checks



Places must be booked in advance. To sign up or for more information fill in the form overleaf, phone **Gary Bartram** on **01206 838600** or email gary.bartram@essex.gov.uk

Saturday 27 March, 10am

Highwoods Community Primary School,
Tyndale Square Highwoods

Monday 26 April, 6pm

St Andrew's Junior School,
Hickory Avenue

Children age 10 and up are welcome if accompanied by an adult.
All participants must have basic knowledge of how to ride a bike.

For more information
about Cycle Colchester visit
www.cyclecolchester.org.uk

cycle
colchester

Cycle Colchester is putting cycling at the heart of life in our town.

- Over a three year period more than £4million will be spent on improving Colchester's cycle paths and signs and offering Bikeability training to children and adults to help make Colchester a great place to ride a bike.
- By encouraging more cycling in the town it will help reduce congestion on our roads. Cycling is also fun, free and helps to keep you fit.
- The Cycle Colchester project is being delivered by Essex County Council, Colchester Borough Council, local cycling groups and a number of other organisations.



For more information about events, training sessions and great cycling routes visit www.cyclecolchester.org.uk



Name Address
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Email address Phone number

I would like to sign up to take part in adult cycle training on:

Saturday 27 March **Monday 26 April**

I would like to find out more about future dates for adult Cycle Safely sessions

I would like to receive email updates about the Cycle Colchester project

Completed forms should be sent to Gary Bartram, Cycle Training Co-ordinator, Essex County Council, East Area Office, 910 The Crescent, Colchester, Essex, CO49QQ