

# LEARN TO CYCLE

Struggling  
to grasp  
how to ride  
a bike?

Get *Active*  
NORTH HERTS

**This course is aimed at helping children, teenagers and adults gain confidence and learn the skills to ride a pedal bike.**

Run by an experienced instructor, your **1-to-1 lesson** will be tailored to suit your individual needs and ability.

The one hour sessions will include activities which will help improve your balance, braking, hazard perception, control and use of gears (if applicable).

## ESSENTIAL INFORMATION

Must have a road worthy bike with two working breaks and a correctly fitted helmet.

1 hour lesson costs £15 per person

**SATURDAY 5 SEPTEMBER,**  
**11am-4.30pm** (1 hour slot per person)

Avenue Park, West Avenue,  
Baldock, SG7 5AY

**BOOKING IS ESSENTIAL** (limited spaces available)  
Contact Megan Pinner on 01462 474838  
or email [active@north-herts.gov.uk](mailto:active@north-herts.gov.uk)

NORTH HERTFORDSHIRE  
DISTRICT COUNCIL



Healthy  
**hub**  
North Herts

