

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 7 MARCH

11am-4.30pm (1 hour slot per person)

King George V Playing Fields,
Old Hale Way, Hitchin, SG5 1XL

BOOKING IS ESSENTIAL (limited spaces available)

Contact Megan Pinner on 01462 474838
or email active@north-herts.gov.uk



Healthy
hub
North Herts

NORTH HERTFORDSHIRE
DISTRICT COUNCIL

