**Girlington Adult Learn to Ride sessions 2024**

Ever wanted to Learn to Ride a Bike and never had the chance Or haven’t ridden a bike for a long time and need to get your confidence up . **NOW** is the time to **GET CYCLING**

These sessions are planned for adults in Girlington, to take place at **Girlington Primary School**

4 x 90-minute weekly sessions on a **Friday morning 9.00 – 10.30am** Drop children at school and Learn to Ride.

These sessions are funded by JU:MP and are **FREE**.

**Dates: May 3, 10, 17 & 24th**

**More sessions will be planned in June**

Session will take place in the school playground, bikes and helmets will be provided

Please note that places will be given on a first come, first served basis (10 places available).

* Some physical exertion will be expected when learning to ride
* Please dress appropriately to cycle, normal shoes and trousers
* Learn to Ride with confidence
* Sessions will be FUN, lots of smiling involved

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*Please return this slip to the school office*

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any medical information instructors need to be aware of, use box below.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_