

WHAT IS BIKEABILITY

Bikeability is today's cycle training programme replacing cycling proficiency.

Bikeability

Cycling Training for the 21st Century

SCHOOL HOLIDAY CYCLE TRAINING COURSES FOR 2022

All courses are Subject to a £5 Booking Fee which is Non-Refundable

Bikeability Learn to Ride for children who are unable to cycle, including older children who have never mastered the skill.

Level 1 riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park.

Level 2 takes place on local streets, giving riders a real cycling experience. Riders learn how to deal with traffic on short journeys.

Level 3 equips riders with skills for more challenging roads and traffic situations – busier streets, queuing traffic, and complex junctions. (You must have previously undertaken Level 2)

Family Rides These are for members of one household (Max 6 trainees) There must be at least one adult included. There are no age restrictions, but you must be able to set off, pedal, slow down and stop. This is a 3 hour tailored training package.

Learn to Ride and Level 1 Course are for School Years 3 and above

Level 2 & 3 Courses are for School Years 6 and above

Family Rides are for all ages and levels of riding ability, but trainees must be able to ride unaided - Set off, pedal, slow done and stop.

If you are interested in any of the above courses, please email Cycle.Holiday@southglos.gov.uk stating which is the course of interest. We will keep your details on record for approx. 4 months and be in touch when a suitable course becomes available.