



## 5 Week Cycle Training Programme

Choose to book into all 5 or any of the following:

**8<sup>th</sup> March - Basic Bike Maintenance Part 1**

**15<sup>th</sup> March - Basic Bike Maintenance Part 2**

**22<sup>nd</sup> March - Basic Learn to Ride Tuition**

**29<sup>th</sup> March - Coaching to Develop Skills and Confidence**

**5<sup>th</sup> April - Led Cycle\***

Each session will start at 10:00 and finish at 11:00

\*This session will be 90 minutes and will start at 10:00 and finish at 11:30

Spaces are limited so booking is essential. Contact the Trinity at [thetrinity@north-ayrshire.gov.uk](mailto:thetrinity@north-ayrshire.gov.uk) or call Jessica on 07467689338/ 01294 324664



EUROPE & SCOTLAND  
European Regional Development Fund  
Investing in a Smart, Sustainable and Inclusive Future

