

KCC Cycle Training for Adults

January - March 2018

We are pleased to confirm that our Adult cycle training sessions are continuing in 2018, with the following courses available, which are **still FREE of charge**:

Learn to Ride

You are never too old to learn! For those of you who want to start riding a bike, but have never learnt how, or it's been so long since you last rode that you're not confident. This course is run in an off-road, safe location at your pace. The aim is to get you riding, which may require more than one session.

Each course runs for approximately 1 hour 30 minutes.

Confident Road Cycling

This course is aimed at those of you, who can ride a bicycle but want to gain more confidence riding on the road. For most of the course you will be riding on the road accompanied by Instructors.

It will improve your cycling abilities and give you the skills and knowledge to share the road safely with other users.

Each course runs for approximately 2 hours 30 minutes.

The table overleaf shows the dates and times for each of our training locations across the County.

To book a place, please go to www.kent.gov.uk/cycletraining

For more information email: cycletraining@kent.gov.uk

Getting Kent cycling, more safely, more often.

| Venue | Dates | Learn to Ride Course Times | Confident Road Cycling Times | Bicycles / Helmets available |
|---|--|----------------------------|------------------------------|------------------------------|
| County Hall, Maidstone, ME14 1XX | Sun 28 th January, Sun 4 th & 18 th February. Sun 4 th & 18 th March. | 10 to 1130 | 12 to 1430 | Yes |
| Ashford Rugby Club, Canterbury Road, Ashford, TN24 9QB | Sat 3 rd & 17 th February. Sat 3 rd & 17 th March. | 10 to 1130 | 12 to 1430 | Yes |
| St.Johns Park, Beltring Rd, Tunbridge Wells TN4 9UA | Sat 3 rd & 17 th March. | 10 to 1130 | 12 to 1430 | No |
| The Boating Pool Café, Royal Esplanade, Ramsgate, CT11 0HE | Sat 27 th January, Sat 3 rd & 10 th February. Sat 3 rd & 10 th March. | 10 to 1130 | 12 to 1430 | Yes |
| Cyclopark, Watling St, Gravesend DA11 7NP | Sun 11 th & 25 th February. Sun 11 th & 25 th March | 10 to 1130 | 1215 to 1445 | Yes (for hire) |

Advanced Cycling.

For those of you cycling regularly on the road, and wanting to increase your cycle mileage, perhaps by commuting to work in the future. This intensive course will advance your cycling onto busy roads and through complex junctions including roundabouts and multi-lane systems.

Each course runs for approximately 2 hours 30 minutes. These courses are arranged subject to demand. Hence a Booking fee of £20 per course applies.

To register your interest, please go to www.kent.gov.uk/cycletraining