



FREE cycle training Easter Holidays

Following on from the popularity of our school holiday events, Newcastle City Council Road Safety will be holding 6 days of FREE cycle training at The Walker Activity Dome this Easter. The two-hour training sessions will be available to Adults and children from 6 years who live, work or attend school in Newcastle upon Tyne, and is free of charge to participants. Children must be accompanied by an adult. All training is delivered by qualified National Standard Instructors who have DBS checks. The below courses will be offered:

Learn to ride is suitable for complete beginners and will be tailored to the ability and pace of the trainees.

Level 1 Bikeability is aimed at those who can set off, pedal and stop. The course focuses on perfecting bike handling skills such as stopping in control, using gears, signalling, etc.

Level 2 Bikeability is aimed at those who are competent cyclists off road but are keen to develop their riding skills on road. Trainees will develop the skills to ride safely in live traffic and for day to day journeys on quiet roads.

Level 3 Bikeability is aimed at those who are competent cyclists who regularly ride on the road and in live traffic but are keen to develop their riding skills in busier traffic environments and for the day to day cycling commute.



Timetable:

Monday 8 th April	Tuesday 9 th April	Wednesday 10 th April
10am-12pm- Learn to ride / Level 1	10am-12pm- Level 2/ Level 3	10am-12pm- Level 2/ Level 3
1pm-3pm - Learn to ride / Level 1	1pm-3pm - Level 2/ Level 3	1pm-3pm - Level 2/ Level 3

Monday 15 th April	Tuesday 16 th April	Wednesday 17 th April
10am-12pm- Level 2/ Level 3	10am-12pm- Level 2/ Level 3	10am-12pm- Learn to ride / Level 1
1pm-3pm - Level 2/ Level 3	1pm-3pm - Level 2/ Level 3	1pm-3pm - Learn to ride / Level 1

All training is delivered from Walker Activity Dome, Wharrier Street, Newcastle upon Tyne, NE6 3BR.

Participants will need to provide a bike and helmet unless arranged with our Instructors. Parking, changing facilities, toilets and vending machines are available at the Centre

How to book (You must book)

Please e-mail cyclinginthecity@newcastle.gov.uk or call 07779725339 to book your place or if you would like further information.

Additional Offer! Why not join in with the Inflatable session within the Dome which will run 6th-22nd, times vary, check website for details and to book: <https://www.better.org.uk/leisure-centre/newcastle/walker-activity-dome/half-term-walker-activity-dome>

Monday 22nd, Easter Open Day, free kids activities and adult exercise all day. See centre for details; 0191 2600506

About Walker Activity Dome

Walker Activity Dome is located on the east side of Newcastle, affectionately known locally as the 'Dome'. The Centre offers a wide range of facilities and activities for all ages, abilities and members of the family. It boasts numerous sports pitches, as well as spacious changing facilities and a recently refurbished and extended fitness gym.

For more information please visit: www.better.org.uk/leisure-centre/newcastle/walker-activity-dome

road.safety@newcastle.gov.uk telephone 0191 2115961 or 01912115962