



The Lenton Centre  
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### **Cycling for Families**

Dear Parent / Guardian,

As you may be aware, we have been in your child's school running Bikeability sessions.

These sessions give your child the opportunity to develop cycling skills and confidence through Level 1 and cycling on the road in Level 2.

**Community cycle centres** run from 4 locations across the city, and are **FREE** to Nottingham City residents, so a great opportunity for you and your family to get cycling over the summer holidays.

Is your child due to take part in **Bikeability** next year, but not yet happy with their general cycling? If so they could really benefit from our **Level 1 or Beginners sessions**.

Or if your child has taken part in **Bikeability**, but didn't quite reach Level 2, or needs to practice, they are very welcome to come along to our **Level 2 or Improvers sessions**. (Children need to be accompanied by an adult).

Perhaps you'd like to go for more **bike rides as a family**? All are welcome at the cycle centres. Give us a call on 0115 955 2288 to find out which session will suit you and your family.

Your local cycle centre is at: **Bulwell Forest Recreation Ground**, off Hucknall Road. Meet by the garages near to the 'Pirate Park'. The Bulwell Forest Cycle centre runs on the **1<sup>st</sup> and 3<sup>rd</sup>** Saturday of the month.

The programme, **as of the first weekend in August is**, as follows:

- Beginners (recommended 5+): 9am – 10am
- Improvers (recommended 10+): 10.15am – 11.15am
- Led Ride (recommended 10+): 11.30am – 12.30pm

Simply turn up! We have bikes available to use.

If you'd like any further information please give us a call on 0115 955 2288, look us up on Facebook@RideWiseLtd or send us an email to [customerservices@ridewise.org.uk](mailto:customerservices@ridewise.org.uk).

Kind Regards,

Flo Bass  
RideWise