

**\*\*FREE ADULT BIKE SESSION\*\***

Tuesday 29<sup>th</sup> October - 15:45-17:45

Anker Valley Sports Complex, Amington

### Advanced Cycle Skills - level 3

Perfect your cycling techniques with a qualified trainer. Improve your skills when dealing with complex junctions, heavy traffic or cycling at night and receive assurance that you are cycling efficiently and effectively. This is the ideal course for those wanting to take up commuting by bike.

You will need to bring along your own bike and helmet if worn.

Click link to book your space -

<https://bikeright.co.uk/events/f9d5d840-b262-458f-bba4-d15c9d32aad5/>