



Holiday courses for 8-11 year olds in Bristol and Bath

What?

Thanks for your interest in our Bikeability holiday courses. **Bikeability** is the new Cycling Proficiency for the 21st Century! There are 3 levels. Our holiday courses teach Bikeability Level 2. We start with Level 1 skills on the playground but quickly progress to riding on-road. For more information about the levels see www.bikeability.org.uk

Who?

Our courses are for children aged 8-11 years old who have their own roadworthy bike and a degree of cycling ability. To ride onroad with us your child **MUST** be able to cycle one handed and look over their shoulder without falling off.

Where?

We run holiday courses in Bristol and Bath at the following venues:

Bristol Grammar School
Elton Road
Bristol, BS8 1SR

Widcombe Junior School
Pulteney Road, Bath,
B&NES, BA2 4JG

When?

Our next courses take place:

In the February half term holiday on **16th, 17th, 18th February 2010**

In the Easter holidays on **6th, 7th, 8th April 2010**

In the Easter holidays on **13th, 14th, 15th April 2010**

We run morning and afternoon courses, spread over 3 days in the following way:

Day 1	10am – 12 noon or 1pm – 3pm	Bike check, playground skills & onroad training
Day 2	10am – 12 noon or 1pm – 3pm	Onroad training
Day 3	10am – 12 noon or 1pm – 3pm	Onroad training
Day 3	12 noon – 12.30pm or 3pm – 3.30pm	Feedback session (parents welcome)

Cost?

For children attending Bristol and Bath schools, we can offer a subsidised fee of £10 for the courses. For children attending any other Local Authority schools, the holiday course fee is £49 per child.

How to book?

Call the Life Cycle UK office on 0117 3534580 and we will take a few details and a credit or debit card payment over the telephone. We will then send you a confirmation email with further information about the course plus a consent form which you need to sign and return to us.

NB: We cannot reserve spaces on these courses without payment.

Cancellation policy: If you need to cancel or re-arrange a booking on one of these courses for any reason, you **MUST** give us 10 days notice in order to receive a full refund.

Feedback on progress: Your child will receive a Cycling Skills Feedback form plus a Bikeability badge and certificate. Parents are welcome to attend a feedback session at the end of the course to speak to your child's instructor in person.