

# LEARN HOW TO CYCLE WITH CONFIDENCE



## Training Courses for Adults, Families & Children to the National Bikeability Standards

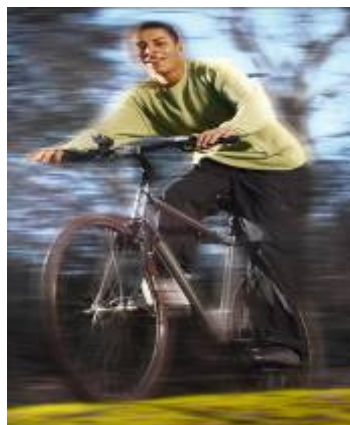
### Cycling for Families

We regularly teach families to ride together.

For any group there is a best formation. We are able to demonstrate to you how to ride protectively with your children and how to encourage them to use their bikes more often.

#### All of our instructors are

- ◆ Fully Qualified
- ◆ Fully Insured
- ◆ Enhanced CRB Checked
- ◆ Current First Aiders



### Individual Cycle Training

Whether you have never cycled before or are already a regular cyclist, our team of professional instructors are ready to help you improve your skills. All our training meets the National Cycling Standard

Tel: 07765 880 440  
E-mail: [info@ridingabike.co.uk](mailto:info@ridingabike.co.uk)

We endeavour to arrange your instruction at a time and place that suits you.