

Kendal Cycling Festival Outreach Training Programme



Supporting the development of cycling skills in the Kendal community
brought to you by Kendal Cycling Festival and Kendal Town Council



Date	Cycling Coaching sessions	Times	Leader	Location	Cost
Wed 11 th Oct	Puncture repairs for women	7pm-8.30pm	Emily Wormald	Giant Cycle Store, Kendal	£10
Mon 16 th Oct	Puncture repairs for all	7pm-8.30pm	Emily Wormald	Giant Cycle Store, Kendal	£10
Wed 18 th Oct	Brake pad and chains repair training	7pm-8.30pm	Emily Wormald	Giant Cycle Store, Kendal	£10
Mon 23 rd Oct	Ride to school, parent and child	10am-1pm	Phil Wade	Kendal Leisure Centre car park	£20 for parent and child*
Mon 23 rd Oct	Confidence on roads	2pm-5pm	Phil Wade	Kendal Leisure Centre car park	£10
Tues 24 th Oct	Confidence on roads	10am-1pm	Phil Wade	Kendal Leisure Centre car park	£10
Tues 24 th Oct	Ride to school, parent and child	2pm-5pm	Phil Wade	Kendal Leisure Centre car park	£20 for parent and child*
Wed 25 th Oct	Getting back on your bike	10am-12	Wheels for All	Kendal Leisure Centre car park	£5

* max 2 children per parent

To book a place e-mail: info@wellbeingwestmorland.org.uk

Limited spaces available for these highly subsidised courses. BOOK NOW!!