

Holiday Courses At Redbridge Cycling Centre

Novice Go-Ride Skills – 30th May 10:00-13:00

Fun skills in our coaching area for ages 5-10 concentrating on basic cycling techniques (must be able to ride without stabilizers).

Intermediate Go-Ride Skills 31st May 13:00-16:00

Basic skills development, partly in the coaching area and then on the circuit for riders who have completed the Novice Go-ride skills course. Age 5-10

Advanced Go-ride Skills 1st June 13:00-16:00

Further skills development on the circuit for riders who have completed the Intermediate Go-ride skills course. Ages 8+

Introduction to Mountain Biking (MTB) 30th May 13:00-16:00

Suitable for riders who have limited off road experience.
Age 8-14

Introduction to Road Racing — 1st June 10:00-13:00

Suitable for riders who are competent and would like to try road racing bikes. Road bikes can be hired from the Centre. Age 8-14

Introduction to BMX - 31st May 10:00-13:00

Suitable for competent cyclists who wish to try BMX, this course is an introduction to basic techniques needed to ride the BMX track safely.

BMX Follow Up — 2nd June 10:00-13:00

Suitable for riders who have completed the introduction to BMX course or who have basic BMX skills, this course will concentrate on improving riders skills and preparing them to race.

Courses are all held outdoors so please be prepared for inclement weather. Refunds will only be given for course cancellations by the centre. To book please call 0208 5009359, with payment by debit or credit card. A parental consent form is also required prior to the session.

All sessions cost £12.50 per child. Bikes are available to hire for an extra £5.00.

Courses start promptly so please ensure that children are signed in 15 minutes before the start.

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Vision
Redbridge Culture & Leisure

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Centre**
delivering CYCLE VISION