



Sheffield 2017



Free Cycling Courses and Sessions

To Book Tel: 0114 241 2775 - booking is essential

email: admin@pedalready.co.uk

www.pedalready.co.uk

Bikes Provided



Beginner



Improver



Advanced

Learn to Ride

Adults learning to ride with the help of our friendly, patient trainers 40 - 60 minute weekly sessions

Location	Time	Day
Darnall (women only)	10:00am - Noon	Monday
Westfield Sports Centre	3:00pm - 6:00pm	Monday
Stephenson Hall, Uni of Sheff	5:00pm - 8:00pm	Tuesday
Sharrow Junior School	5:00pm - 7:00pm	Wednesday
PACES High Green	9:30am - 10:30am	Thursday
Hillsborough Park	10:00am - Noon	Thursday
Abbeyfield Park (women only)	9:00am - 10:30am	Friday
Stephenson Hall, Uni of Sheff	9:00am - Noon	Saturday
Northern General Hospital	9:30am - 12:30pm	Sunday

Cycle Confidence *Improve your skills and confidence in a supportive group*

Endcliffe Park: six-week courses

Start Date	End Date	Time
Tuesday 20/06//2017	25/07/2017	10:00 am - 12:30pm
Tuesday 01/08/2017	05/09/2017	10:00 am - 12:30pm
Tuesday 12/09/2017	17/10/2017	10:00 am - 12:30pm
Tuesday 24/10/2017	19/12/2017	10:00 am - 12:30pm
Saturday 24/06/2017	29/07/2017	10:00 am - 12:30pm
Saturday 05/08/2017	09/09/2017	10:00 am - 12:30pm
Saturday 16/09/2017	21/10/2017	10:00 am - 12:30pm
Saturday 28/10/2017	16/12/2017	10:00 am - 12:30pm

Hillsborough Park: weekly

Start	End Date	Time
Thursday 06/04/2017	20/07/2017	10:00 am - 12:30pm
Thursday 07/09/2017	14/12/2017	10:00am - 12:30pm

Cycle Confidence Sessions

Darnall (women only)	10:00 am - 12 noon	Monday
PACES High Green	10:30 am - 11:30	Thursday
Abbeyfield Park (women only)	09:00 am - 10:30	Friday

Cycle Confidence sessions offer you the opportunity to keep practising your new cycling skills in a traffic-free environment, either in the form of a structured course or at our weekly improver session

Road Confidence 1

Basic skills to get you started on the road

Location	Start Date	End Date	Time
Sharrow	08/07/2017	15/07/2017	10:00am - 1:00pm
Sharrow	19/08/2017	26/08/2017	10:00am - 1:00pm
Sharrow	30/09/2017	07/10/2017	10:00am - 1:00pm
Sharrow	11/11/2017	18/11/2017	10:00am - 1:00pm

Road Confidence 2

Further skills to reduce hazards and improve safety on the road, held on two consecutive Saturday mornings

Location	Start Date	End Date	Time
Sharrow	29/07/2017	05/08/2017	10:00am - 1:00pm
Sharrow	09/09/2017	16/09/2017	10:00am - 1:00pm
Sharrow	21/10/2017	28/10/2017	10:00am - 1:00pm
Sharrow	02/12/2017	09/12/2017	10:00am - 1:00pm

Road Confidence 3

Dynamic, advanced hazard reduction and commuter skills, based in City Centre, held on two consecutive Saturday mornings

Location	Start Date	End Date	Time
City Centre	29/07/2017	05/08/2017	2:00pm - 5:30pm
City Centre	09/09/2017	16/09/2017	2:00pm - 5:30pm
City Centre	04/11/2017	11/11/2017	10:00am - 1:30pm
City Centre	02/12/2017	09/12/2017	10:00am - 1:30pm