



# Sheffield 2017



## Free Cycling Courses and Sessions

To Book Tel: 0114 241 2775 - booking is essential

email: [admin@pedalready.co.uk](mailto:admin@pedalready.co.uk)

[www.pedalready.co.uk](http://www.pedalready.co.uk)

### Bikes Provided



Beginner



Improver



Advanced

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 28/03/2017	02/05/2017	10:00 am - 12:30pm
Tuesday 09/05/2017	13/06/2017	10:00 am - 12:30pm
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
Saturday 01/04/2017	06/05/2017	10:00 am - 12:30pm
Saturday 13/05/2017	10/06/2017	10:00 am - 12:30pm
Saturday 17/06/2017	22/07/2017	10:00 am - 12:30pm
Saturday 29/07/2017	02/09/2017	10:00 am - 12:30pm
Saturday 09/09/2017	14/10/2017	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	24/03/2017	01/04/2017	10:00am - 1:00pm
Sharrow	29/04/2017	06/05/2017	10:00am - 1:00pm
Sharrow	03/06/2017	10/06/2017	10:00am - 1:00pm
Sharrow	08/07/2017	15/07/2017	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	15/04/2017	22/04/2017	10:00am - 1:00pm
Sharrow	20/05/2017	27/05/2017	10:00am - 1:00pm
Sharrow	17/06/2017	24/06/2017	10:00am - 1:00pm
Sharrow	29/07/2017	05/08/2017	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	15/04/2017	22/04/2017	2:00pm - 5:30pm
City Centre	20/05/2017	27/05/2017	2:00pm - 5:30pm
City Centre	17/06/2017	24/06/2017	2:00pm - 5:30pm
City Centre	29/07/2017	05/08/2017	2:00pm - 5:30pm