

Calderdale Summer Cycle Training Courses 2017

Pedal Free – cost £4.00 max of 10 per course

A one hour introduction to Balance bikes with bike games for children age 3 to 5. Parents are required to stay to watch their children's progression. Bikes and helmets provided.

To book online register at www.calderdale.gov.uk/sport or telephone 01422 341527 quoting ref number.

Course 1 Thursday 27 July 10am Halifax fire station **PF01**

Course 2 Thursday 27 July 11.30am Halifax fire station **PF02**

Course 3 Thursday 3 August 10am Halifax fire station **PF03**

Course 4 Thursday 3 August 11.30am Halifax fire station **PF04**

Bikeability 1 & 2 – Funded max of 18 per course

A **two** day National Standard Level 1 and Level 2 Bikeability course. An introduction to the road covering bike maintenance, road position and signalling – for children age 9 to 14, packed lunch required, bikes and helmets available, but if you have your own bike please bring it .

To book online register at www.calderdale.gov.uk/sport or telephone 01422 341527 quoting ref number

Course 1 Monday 24 & Tuesday 25 July 9.30-3pm Halifax fire station **BA01**

Course 2 Monday 31 July & Tuesday 1 August 9.30-3pm Illingworth fire station **BA02**

Course 3 Monday 7 & Tuesday 8 August 9.30-3pm Todmorden fire station **BA03**

Course 4 Monday 14 & Tuesday 15 August 9.30-3pm Halifax fire station **BA04**

Course 5 Monday 21 & Tuesday 22 August 9.30-3pm Halifax fire station **BA05**

Bikeability 3 – Funded max of 12 per course

A **two** day National Standard Level 3 Bikeability course. For experienced riders covering bike maintenance, route planning and riding on busier roads. Suitable for age 11 to 15, packed lunch required, bikes and helmets available, but if you have your own bike please bring it.

To book online register at www.calderdale.gov.uk/sport or telephone 01422 341527 quoting ref number

Course 1 Thursday 27 & Friday 28 July 10-3pm Halifax fire station **BAT01**

Course 2 Thursday 3 & Friday 4 August 10-3pm Halifax fire station **BAT02**

Course 3 Thursday 17 & Friday 18 August 10-3pm Halifax fire station **BAT03**

Course 4 Thursday 24 & Friday 25 August 10-3pm Halifax fire station **BAT04**

Learn to Ride – max of 12 per course £15.00

A new, one day learn to ride cycling course for 5 - 9 year olds. Starting on balance bikes and moving onto pedal bikes through a series of games and exercises. Packed lunch required, bikes and helmets available but if you have your own bike please bring it.

To book online register at www.calderdale.gov.uk/sport or telephone 01422 341527 quoting ref number.

Course 1 Tuesday 25 July 10-3pm Halifax fire station **LTR01**

Course 2 Wednesday 26 July 10-3pm Halifax fire station **LTR02**

Course 3 Friday 28 July 10-3pm Halifax fire station **LTR03**

Course 4 Tuesday 1 August 10-3pm Halifax fire station **LTR04**

Course 5 Wednesday 2 August 10-3pm Halifax fire station **LTR05**

Course 6 Friday 4 August 10-3pm Halifax fire station **LTR06**

Course 7 Wednesday 9 August 10-3pm Todmorden fire station **LTR07**

Course 8 Friday 11 August 10-3pm Todmorden fire station **LTR08**

Course 9 Tuesday 15 August 10-3pm Halifax fire station **LTR09**

Course 10 Wednesday 16 August 10-3pm Halifax fire station **LTR10**

Course 11 Friday 18 August 10-3pm Halifax fire station **LTR11**

Course 12 Tuesday 22 August 10-3pm Halifax fire station **LTR12**

Course 13 Wednesday 23 August 10-3pm Halifax fire station **LTR13**

Course 14 Friday 25 August 10-3pm Halifax fire station **LTR14**

Bikeability Level 1 – Funded max of 12 per course

A half day National Standard Level 1 Bikeability course. For riders who have completed a Learn to Ride course and looking to develop skill ready for a journey on the road. Suitable for age 7-10yr olds, bikes and helmets available, but if you have your own bike please bring it.

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Course 1 Wednesday 26 July 10-3pm Halifax fire station **BAW01**

Course 2 Wednesday 2 August 10-3pm Halifax fire station **BAW02**

For information about all the cycle training email bikeability@calderdale.gov.uk or any queries telephone 01422 392800