



BOOK NOW!

FEBRUARY HALF TERM PROGRAMME

AT REDBRIDGE CYCLING CENTRE

DEVELOP YOUR CYCLING SKILLS DURING THE SCHOOL HOLIDAYS, WITH OUR PROGRAMMES FOR 5-15 YEARS OLD

Monday 13th February – Beginners Mountain biking – suitable for riders who have not ridden off road previously and would like to try it. Ages 8-14

Tuesday 14th and/or Thursday 16th February – Road racing training – suitable for club riders and racers from ages 8 – 16.

Wednesday 15th February – Mountain bike training – suitable for riders with some off road experience from ages 8 -16.

Monday 13th or Wednesday 15th February – Novice Go-ride skills – fun skills for ages 5-11 concentrating on basic cycling techniques (not suitable for learner riders).

Tuesday 14th or Thursday 16th – Novice Go-Ride Skills Follow Up – basic skills development on the circuit for riders who have completed the Novice Go-ride skills course.

All sessions run from 10:00 – 13:00 and cost £10.00 per child per day. Bikes are available to hire for an extra £5.00.

To book please call 0208 5009359, with payment by debit or credit card

Phone: 020 8500 9359
E-mail: rcc@vision-rcl.org.uk

Forest Road, Hainault, Essex, IG6 3HP

www.redbridgecyclingcentre.co.uk



I being the parent/guardian of _____ have read the information contained in this notice and hereby consent to my child taking part in the coaching sessions and understand and agree that my son/daughter participates in coaching sessions under instruction by Vision RC&L / British Cycling coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a Vision RC&L / British Cycling coach. I am also aware that Vision RC&L / British Cycling may take photographs/video footage during the Go-Ride activity and give permission for them to be used in various Vision RC&L / British Cycling publicity purposes. I realise it is compulsory to wear a helmet when riding at the cycle centre and my child will agree to abide by the Redbridge Cycling Centres rules

Signed(Parent/Guardian): _____ Date: _____

Participant Details

Name: _____ Male/Female: _____

Date of Birth: ___/___/___ Age _____ Height (approx) _____

Address: _____

_____ Postcode: _____

Home Telephone: _____ Mobile telephone: _____

Email Address: _____

Do you have a disability? Yes/No If yes, please give details: _____

Emergency Contact Details

Name: _____ Relationship to Participant: _____

Contact Telephone Number (including area code): _____

Medical Information

Please make a note below of any medical conditions you feel we need to know about. If you have any concerns about your child participating in any form of physical activity then please consult your GP before giving permission for your child to take part in the Go-Ride Activities.

I would like to hire a bike Yes No

I would like to hire a helmet Yes No

I would like my child to attend the _____ coaching session on

Please complete and return this form with payment to:

Redbridge Cycling Centre

Forest Road

Hainault

IG63HP



BOOKING ESSENTIAL- places are limited and will only be reserved with receipt of booking form and payment, there will be no registration on the day. Payment can be made by credit/debit card on the phone or cash at the Centre. Unfortunately we are not able to accept personal cheques. Bikes are available to hire at £5.00 per rider

Courses start at 10:00, please ensure that children are signed in before this time. Bring a snack, drinks, waterproofs, change of clothes and helmet (if you have one).