

BIKEABILITY SUMMER NEWS.

The West Sussex County Council Bikeability team will be running Bikeability activity sessions this summer in partnership with our catering provider, Monster Foods.

Children will be given the opportunity to take part in a **Bikeability Level 1 and 2 Training Course** at **St Wilfrid's school in Crawley** as part of the **Holidays Activity and Food programme (HAF)**.

Important note: All course inductees must be over the age of 10 years old and have a reasonable level of bicycle control skills prior to attending including making the cycle go where they want, cycling with one hand and looking behind. Training will take place on single lane public roads with a moderate flow of traffic.

Courses will be run over four days between the following dates:

August 2nd – August 5th

August 9th – August 12th

August 16th – August 19th

There will be 2 session options per day and each daily training session will last for 2 hours. Available options:

10.00 – 12.00

13.00 – 15.00

Each day between 12:00 and 13:00 children will receive a packed lunch provided by Monster Food Crawley.

For further information and to book a place on one of the courses, please contact Ed Clark, Cycle Training Development Officer on 03302228651 edward.clark@westsussex.gov.uk