



Bikeability Holiday Courses

Bikeability, the 'Cycling proficiency' for the 21st Century' gives young people the skills and confidence to cycle in modern road conditions. There are three Bikeability levels:

Balanceability: For children aged 3 to 6 – For beginners to get them riding their bikes and feeling confident

Level 1: For children in school year 3 and 4 – Basic bike control skills in a traffic-free area

Level 2: For children in school year 5 or over – A real cycling experience on quiet roads

Level 3: For children in school year 7 or over, who have completed Level 2 – Advanced cycling

For more details on Bikeability and cycling in Devon go to <https://new.devon.gov.uk/travel/cycle/>

Type of course	Venue	Date and Time	Course Cost	To book a place please contact
Balanceability	YMCA Plymouth PL5 3NG	24 th to 28 th October 2016 9:15am – 10am	FREE	Plymouth SSP http://www.plymouthssp.co.uk/events/by-date/2016/10
Balanceability	YMCA Plymouth PL5 3NG	24 th to 28 th October 2016 10:15am – 11am	FREE	Plymouth SSP http://www.plymouthssp.co.uk/events/by-date/2016/10
Balanceability	YMCA Plymouth PL5 3NG	24 th to 28 th October 2016 11:15am – 12pm	FREE	Plymouth SSP http://www.plymouthssp.co.uk/events/by-date/2016/10
Level 1	St Luke's School Exeter EX1 3RD	24 th October 2016 10am – 12pm	FREE	The Cycling Partnership https://www.eventbrite.co.uk/e/bikeability-level-1-exeter-october-half-term-27674083930
Level 1	YMCA Plymouth PL5 3NG	24 th October 2016 1pm – 3pm	FREE	Plymouth SSP http://www.plymouthssp.co.uk/events/by-date/2016/10
Level 2	St Luke's School Exeter EX1 3RD	24 th and 25 th October 2016 10am – 3pm	FREE	The Cycling Partnership https://www.eventbrite.co.uk/e/bikeability-level-2-exeter-october-half-term-27674210308
Level 2	Ivybridge Community College PL21 0JA	24 th and 25 th October 2016 10am – 3pm	FREE (Bike Hire £5)	Plymouth SSP http://www.plymouthssp.co.uk/events/by-date/2016/10
Level 2	Exmouth Leisure Centre EX8 1EN	25 th and 26 th October 2016 10am – 3pm	FREE	Excel team@excel.co.uk
Level 2	YMCA Plymouth PL5 3NG	25 th October to 28 th October 2016 (over 4 days) 1pm – 3pm	FREE	Plymouth SSP http://www.plymouthssp.co.uk/events/by-date/2016/10
Level 2	Forches Cross Primary School Barnstaple EX32 8EF	27 th and 28 th October 2016 10am – 3pm	FREE	Westcountry Cycle Training westcountrycycletraining@gmail.com

PLEASE NOTE: All children are welcome to participate and your child does not need to attend the school where the training is being hosted.



Level 3	Bideford College EX39 9AX	22 nd October 2016 1pm - 5pm	FREE	Westcountry Cycle Training westcountrycycletraining@gmail.com
Level 3	Former Park & Ride Barnstaple EX32 9AX	23 rd October 2016 9am – 1pm	FREE	Westcountry Cycle Training westcountrycycletraining@gmail.com
Level 3	Former Park & Ride Barnstaple EX32 9AX	23 rd October 2016 1:15pm – 5:15pm	FREE	Westcountry Cycle Training westcountrycycletraining@gmail.com
Level 3	Ivybridge Community College PL21 0JA	26 th October 2016 9am – 3pm	FREE (Bike Hire £5)	Plymouth SSP http://www.plymouthssp.co.uk/events/by-date/2016/10
Level 3	St Luke's School Exeter EX1 3RD	26 th October 2016 9am – 3pm	FREE	The Cycling Partnership https://www.eventbrite.co.uk/e/bikeability-level-3-exeter-october-half-term-27674534277
Level 3	St Luke's School Exeter EX1 3RD	27 th October 2016 9am – 3pm <i>*Note this course will only run if the one on 26th October is full*</i>	FREE	The Cycling Partnership https://www.eventbrite.co.uk/e/bikeability-level-3-course-exeter-october-half-term-overflow-27674838186
Level 3	Exmouth Leisure Centre EX8 1EN	27 th October 2016 10am – 4pm	FREE	Excel team@excel.co.uk
Level 3	Great Torrington School EX38 7DQ	29 th October 2016 12:30pm – 4:30pm	FREE	Westcountry Cycle Training westcountrycycletraining@gmail.com
Level 3	The Yard Car Park Braunton EX33 1AA	30 th October 2016 9am – 1pm	FREE	Westcountry Cycle Training westcountrycycletraining@gmail.com

All instruction is undertaken by National Standard Qualified Instructors, all of whom have undertaken satisfactory Disclosure and Barring Service (DBS) checks and are first aid trained.

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