



C&CCC Coached Sessions For Women

Tuesday Evenings: 23rd April 2019- 2nd July 2019

10 x 2 hour sessions: 6.30pm-8.30pm

Cost: £5 per session

Venue: Cheltenham Area (TBC)

Open to riders of all abilities and experience over the age of 18.

BC Affiliated Coaches Heidi Blunden and

Nicky Harverston

Aims:

Increase participation in cycling

Improve riding skills

Improve fitness

Boost confidence in preparation for group riding/ riding on the open roads/ racing

Offer a relaxed environment for riders to learn about any aspect of the sport that interests them

Dates of sessions: 23.4.19, 30.4.19, 7.5.19, 14.5.19, 21.5.19, 4.6.19, 11.6.19, 18.6.19, 25.6.19, 2.7.19

10 sessions bookable in advance or paid weekly.

**Please register interest with Sally Reid – Mobile 07960 924161 or
sally_hibberd@hotmail.co.uk**

These events are supported and subsidized by Cheltenham & County Cycle Club.