

Do you live or work in north east Sheffield or nearby?

Never ridden a bike but want to?

Not ridden for a long time and worried about starting again?

Sheffield CycleBoost can help to get you started...



# Learn to Ride for free!



friendly trainers

weekly classes



local venues



**Sheffield  
CycleBoost**

# Would you like to learn how to cycle?

There are many reasons to ride a bike, riding with your children, an easier way to work, the wind in your hair, freedom to explore the park, wanting to be fitter and more active.

## But what if you can't ride a bike yet?

We offer FREE training sessions to teach adults to cycle.

We provide the opportunity for adults to be taught from scratch to be confident cyclists.

Our trained instructors will work at your own pace to teach you how to cycle safely and with fun. We provide the bikes, a traffic-free space, enthusiasm and knowledge.

There will be no pushing down hills, no stabilisers and no pressure.

We offer as many sessions as it takes to get you pedalling in a supportive, small group environment.

# venues & times

LOCATION	TIME	DATES
Sharrow	5 pm - 7 pm	Every Monday (until 28/10/13)
Sharrow	5 pm - 7 pm	Every Wednesday (until 30/10/13)
Darnall	10 am - 12 pm	Every Friday (until 04/10/13)
Concord	10 am - 12 pm	Every Thursday (until 31/10/13)
High Green	2 pm - 4 pm	Every Friday (until 04/10/13)
Northern General	9.30 am - 1 pm	Every Saturday (until 28/12/13)

email [ride@sheffieldcycleboost.org](mailto:ride@sheffieldcycleboost.org)

or call 0114 241 2775 to book

[www.sheffieldcycleboost.org](http://www.sheffieldcycleboost.org)



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