



Holiday Activity Programme

Dear Parent,

Confirmation of activity booking with Ashton Park Sports Centre

Thank you for booking your child onto:

Bikeability Level One

Please find below details and requirements for the session:

The session will take place at Ashton Park Sports Centre. The Bikeability Level 1 course aims to develop mastery in cycle handling in an off-road environment and prepare riders for cycling on the road. Riders must be able to cycle to participate in this course. At Level 1, riders are able to; prepare themselves for a journey, check the cycle is ready for a journey, set off, pedal, slow down and stop.

Drop off and collection for this activity will be at **Ashton Park Sports Centre**. Once dropped off and registered at the Sports Centre, a LifeCycle instructor will take the children out to the car park, or hard standing areas within the school for their training. The children will then be brought back to the Sports Centre after the activity ready to be signed out and collected.

Participants should bring the following to the session:

- Waterproof Jacket
- Old, loose fitting, tracksuit bottoms/leggings
- Bike Lock
- Helmet

Please note that these sessions are subject to a required minimum number of participants. Booking must be done before 4pm the day before an activity.

If you have any further questions please contact the Sports Centre on the number below.

Regards,

Ashton Park Sports Centre