



Holiday Activity Programme

Dear Parent,

Confirmation of activity booking with Ashton Park Sports Centre

Thank you for booking your child onto:

Bikeability 'FIX'

Please find below details and requirements for the session:

The session will take place at Ashton Park Sports Centre. The Bikeability 'FIX' course combines a 'Fix' session with the level 2&3 courses into one activity. The 'Fix' part of the course aims to teach children the basics of repairing a bike including; fitting tyres, adjusting brakes, locating and patching punctures and much more. This activity is a two day course which on completion each child will receive a FREE puncture repair kit and certificate!

Participants should bring the following to the session:

- Waterproof Jacket
- Old, loose fitting, tracksuit bottoms/leggings
- Old clothing for the 'Fix' session which may get dirty and oily
- Bike Lock
- Helmet

Important Things:

On-road training: please note that Bikeability Level 3 is **advanced on road training** and your child will be cycling with a group on complex junctions and multi-lane roads.

Roadworthy bikes: bikes are checked at the start of session 1 and **MUST** be roadworthy by then. If not, your child cannot take part in the course/

Cycling ability: If your child has passed Bikeability Level 2, and cycles regularly, they will probably be ready for Level 3.

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