



## Fylde Family Cycling Club

Affiliated to British Cycling



We meet every Saturday at: **Palatine Leisure Centre** in Blackpool

**All sessions are £3 per rider.**

If you have your own bike and helmet, bring them along, although we do have some bikes and helmets if you don't have one. For insurance purposes all riders must wear a helmet.

### Palatine Leisure Centre

This is a new club that we've set up with the help of Active Blackpool and Fylde Borough Council on an amazing 1k cycling track situated behind the leisure centre. We have access to a wide range of bikes and because the track is fenced off, no cars, pedestrians or other cyclists can get access to the track whilst we are in. The track has lighting so can be lit during the darker times of the year and in the evening. There is also a lovely café and facilities inside the leisure centre itself as well as a large car park.

- **Wheels for All – 10:00 – 11:00** This session is for anyone and is booked through the Palatine Leisure Centre reception. There are several different styles of bikes available, including trikes, bicycles, adapted trikes. We have plenty of helmets and the track is a closed off area so no traffic to worry about
- **Balance bikes/Learn to ride – 11:00 – 12:00** This session is busy, chaotic, and fun. The children are split into two groups, the balance bikes are on the bottom part of the track and have lots of space to use the bikes and practice in a form of play. Once we feel they are happy, we move them into the Learn to ride where they are on the top half of the track, and we work with them to get them to set off and ride confidently. Then they can go into the next session
- **Bikeability – 12:30 – 13:30** This session is where they learn skills to ride on the road safely by completing certain tasks (looking over their shoulder etc). We can take young children on level 1 but only children who are at least 9 years old and have completed their level 1 can take part in level 2. Level 1 is on the track; level 2 is out on the road
- **Cycling skills – 13:30 – 14:30** This session is for children who can already or have just learnt to ride. They will take part in activities that will increase their skills in managing their bikes. We also teach them some basic mechanics to help them to look after their bikes. It is better to complete cycling skills before taking part in Bikeability
- **Adult sessions** Learn to Ride and Bikeability up to and including level 3 – these are currently in the planning stages but will run concurrent with the basic skills or just after
- **Club rides** We do club rides of varying distances and abilities, so some are off road whilst others are all on road or a mixture of both. There is usually a post that goes on our FB page with a link to the website to book on

If you are interested in any of our sessions (all must be pre-booked) please email us at: [fyldefamilycyclingclub@gmail.com](mailto:fyldefamilycyclingclub@gmail.com)

Or you can send us a message via Messenger at Fylde Family Cycling Club  
Or text 07434785565