

Sports Development Unit

Bookings are taken by post only to Chelmsford Borough Council, Duke Street, Chelmsford, Essex, CM1 1JE

Telephone for information:

01245 606635 (Cycling courses) or 01245 606979

Website: www.chelmsford.gov.uk/sportsdevelopment



CYCLEMANIA WEEK!

The Sports Development Unit proudly presents a fun packed week of different cycling activities suitable for ALL the family to join in!

■ ■ Bikeability

with Cycle Training East

It's time to 'get on yer bike' because Bikeability is here; the cycling proficiency of the 21st century! By achieving Bikeability you'll have even more fun on your bike – whether you are riding with friends, learning some new tricks or even aiming for gold!

Bikeability Level 1

Level 1 is where you learn to control your bike. By completing Level 1 you can show you have the skills to ride where there are no cars and that you are ready to start your road training; whether you have a road bike, mountain bike or BMX bike. All work will be done away from the road and children should bring a helmet with them. Please bring your own bike if possible; otherwise you can borrow a bike from the club. Please let us know in advance if a bike is required. Children who pass the session will receive a certificate.

Code	Date	Time	Age	Venue	Price
HFBK1	Monday 15 February	9.30am to 12noon	6 to 11 years	Chelmer Cycling Club	£8

Where Do I Find?

Chelmer Cycling Club – Meteor Way, off Waterhouse Lane opposite the Pitch & Putt

Danbury Outdoors – Well Lane, Danbury, CM3 4AB

South Woodham Ferrers Leisure Centre – Trinity Square, South Woodham Ferrers, CM3 5JU

Melbourne Park Pavilion – Access on Salerno Way, off Melbourne Avenue

Meadgate Church – 162A, Meadgate Avenue, CM2 7LJ

Columbus College – At the end of Maltese Road, off Rainsford Road

Bikeability Level 2

Level 2 is a two day course where you start riding with real traffic, but sticking to quiet roads. By completing Level 2 you can show you have the skills to make a trip safely to on quiet roads and cycle lanes. Please make sure children have cycle helmets with them and bring your own bike if possible; otherwise you can borrow a bike from the club for the session. Please let us know in advance if a bike is required. Children who pass the session will receive a certificate and badge.

Code	Date	Time	Age	Venue	Price
HFBK2	Tuesday 16 and Wednesday 17 February	9.30am to 12.30pm	9 to 13 years	Chelmer Cycling Club	£35

■ ■ Family Bike Ride

with Chelmer Cycling Club

This is an approximately two hour cycle at a gentle pace, suitable for all the family. The ride will depart from Chelmer Cycling Club and will follow a beautiful route along cycle paths in Chelmsford and the surrounding area, with a little road cycling. Younger children are welcome if transported on a child seat, trailer or Tag along bike. Children cycling on their own bike must be at least 8 years old and riders aged 8 -12 years old need an adult to attend the ride with them. Adult and child bikes are available for those wishing to borrow a bike – so there are no excuses for mums, dads and other family members not to join in! If you would like to borrow a bike please let us know in advance. Please note that the cost is £2 per person taking part, including both adults and children.

Code	Date	Time	Age	Venue	Price
HFFB1	Thursday 18 February	10am to 12noon	8+ years	Chelmer Cycling Club	£2

For further details on Cycling courses call
01245 606635.

For further details on Activities for Children
with Special Needs call 01245 606979.

If you would like to receive regular e-mail updates contact us on
sportmad@chelmsford.gov.uk or visit our website at
www.chelmsford.gov.uk/sportsdevelopment

Bookings and payments for Sport Mad courses:

Booking is essential for all our courses so send the booking form and payment in early to avoid disappointment. Bookings are taken by post only to Sports Development Unit, Chelmsford Borough Council, Duke Street, Chelmsford, Essex, CM1 1JE. Payment can be made by cheque, postal order or card.



SPORT

BMX Dirt Riding

with Danbury Outdoors

Have the ride of your life on the centre's BMX dirt track with experienced and fun instructors; you can experience the thrill of riding lumps and bumps and the dips and jumps in true BMX style! Bikes and helmets supplied. Expect to get muddy!

Code	Date	Time	Age	Venue	Price
HFBMX1	Wednesday 17 February	9.30am to 11am	8 to 16 years	Danbury Outdoors	£10
HFBMX2	Wednesday 17 February	11.15am to 12.45pm	8 to 16 years	Danbury Outdoors	£10
HFBMX3	Wednesday 17 February	1.30pm to 3pm	8 to 16 years	Danbury Outdoors	£10
HFBMX4	Friday 19 February	9.30am to 11am	8 to 16 years	Danbury Outdoors	£10
HFBMX5	Friday 19 February	11.15am to 12.45pm	8 to 16 years	Danbury Outdoors	£10
HFBMX6	Friday 19 February	1.30pm to 3pm	8 to 16 years	Danbury Outdoors	£10

Mountain Biking

with British Cycling

Exciting mountain bike sessions with a British Cycling Go-Ride Coach. Improve the skills and techniques needed for cross country racing. Learn how to ride the bomb hole, keep going through the ditch and maintain speed along the singletrack. Prepare to get worn out and muddy on this intense course.

Attend as many sessions as you like – each one unique. Bikes and helmets provided where required. Attendees must be competent to ride off-road, sometimes at pace and on undulating terrain. FREE beanie hats for riders attending both sessions!

The Instructor will supervise children during lunch where required; please ensure children bring their own lunch and refreshments.

Code	Date	Time	Age	Venue	Price
HFGO1	Monday 15 February	10am to 12noon	10 to 14 years	Danbury Outdoors	£7.50
HFGO2	Monday 15 February	1pm to 3pm	10 to 14 years	Danbury Outdoors	£7.50



Bike Doctor

with Cycles UK

Come and give your bike an MOT with a trained mechanic from Cycles UK. We will give your bike a safety check and do basic repairs and maintenance such as fixing punctures and adjusting brakes and gears, as well as advising on potential problems and giving tips on looking after bikes and fitting them correctly for your size. This is a drop in session so feel free to arrive anytime during the session.

Code	Date	Time	Age	Venue	Price
HFB1	Tuesday 16 February	1pm to 3pm	11+ years	Meadgate Church	FREE
HFB2	Thursday 18 February	3pm to 5pm	11+ years	Melbourne Park Pavilion	FREE

Sports Activities For Children With Special Needs

These activities are for children with special educational needs that amongst others may include autism, downs syndrome, and difficulties with gross and fine motor skills. Children can be from a Special School or Mainstream School.

Sports include Star:Track Athletics (HOSN1) and Indoor Golf with David March, PGA Professional (HOSN2). All activities will be lead by qualified and experienced coaches assisted by a range of helpers and volunteers.

Siblings welcome as long there are enough spaces available. If your child requires 1 to 1 care we ask that a parent/carer stays for the session to support the child's participation.

Contact the Sports Development Unit on 01245 606979 for more information.

Code	Date	Time	Age	Venue	Price
HFSN1	Tuesday	10.30am to 12noon	6 to 16 years	Columbus College (aka Hayward)	£6
HFSN2	Thursday	10.30am to 12noon	7 to 19 years	Columbus College (aka Hayward)	£6

