



Cycling Skills Courses for Older Adults



**Did you cycle as a child?
Is it many years since you were on a bike?
Would you like to get back to cycling in a safe and supportive setting?
If so, try Ageing Well's basic skills Level 1 course and then get out and about with the Level 2 course for a further 8 weeks?**

We provide bicycles, high visibility vests and helmets where required. Our enthusiastic trainers will be there to help you get back to cycling so you can enjoy Edinburgh's amazing cycle path network. Each session costs £2.

Come and join us at Saughton Sports Complex. We run our cycle skills on a term basis (Mondays)

To book your spot for the initial 11 week course please contact:

**The Ageing Well Team 0131 458 2260
Email: active@edinburghleisure.co.uk**

(Please note that some basic previous cycling experience is necessary)