

Summer Holiday Courses at Redbridge Cycling Centre

Novice Go-ride Skills

Fun skills in our coaching area for ages 5-10 concentrating on basic cycling techniques (must be able to ride without stabilisers).

Intermediate Go-ride Skills

Basic skills development in the coaching area and on the circuit for riders who have completed the Novice Go-ride skills course. Ages 5-10

Advanced Go-ride Skills

Further skills development before progressing to discipline specific courses for riders who have completed the Intermediate Go-ride courses. Ages 8+

Introduction to Mountain biking

Suitable for riders who have limited off road experience. Ages 8-14

Mountain Biking Follow Up

Suitable for riders who have completed the introduction course or riders wishing to improve their skills Ages 8-14

Introduction to Road Racing

Course for riders who are competent and would like to try road racing bikes. Road bikes can be hired from the Centre, Ages 8-14.

Road Racing Follow Up

Further road racing skills for riders who have completed the introduction course and would like to get into racing. Ages 8-14.

Introduction to BMX

Suitable for competent cyclists who wish to try BMX, this course is an introduction to techniques needed to ride the BMX track safely. Riders must be able to cycle standing up.

BMX Follow Up

Suitable for riders who have completed the introduction to BMX course or riders who have basic BMX skills, this course will concentrate on improving skills and preparing to race.

Full courses details and dates on next page



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All sessions cost £12.50 per child. Bikes are available to hire for an extra £5.00.

Courses start promptly so please ensure that children are signed in 15 minutes before the start.

Courses are all held outdoors so please be prepared for inclement weather. Refunds will only be given for course cancellations by the centre.

To book please call 0208 5009359, with payment by debit or credit card. A parental consent form is also required prior to the



Date	Day	Start	Finish	Course
26th July	Wednesday	10:00	13:00	MTB introduction
27th July	Thursday	10:00	13:00	Novice go ride Skills
28th July	Friday	10:00	13:00	BMX Introduction
31st July	Monday	10:00	13:00	Novice go ride Skills
2nd August	Wednesday	10:00	13:00	Road Introduction
3rd August	Thursday	10:00	13:00	Intermediate Go Ride Skills
7th August	Monday	10:00	13:00	BMX Introduction
9th August	Wednesday	10:00	13:00	BMX follow up
10th August	Thursday	13:00	16:00	Novice go ride Skills
11th August	Friday	10:00	13:00	MTB introduction
11th August	Friday	13:00	16:00	Advanced Go ride
14th August	Monday	10:00	13:00	Novice go ride Skills
15th August	Tuesday	13:00	16:00	Road Introduction
16th August	Wednesday	10:00	13:00	BMX Introduction
17th August	Thursday	13:00	16:00	Intermediate Go Ride Skills
21st August	Monday	10:00	13:00	Mountain Bike follow up
21st August	Monday	13:00	16:00	Novice go ride Skills
23rd August	Wednesday	10:00	13:00	BMX Introduction
23rd August	Wednesday	13:00	16:00	Road follow up
24th August	Thursday	10:00	13:00	Intermediate Go Ride Skills
25th August	Friday	10:00	13:00	BMX follow up
25th August	Friday	13:00	16:00	Advanced Go ride
31st August	Thursday	10:00	13:00	Novice Go Ride Skills

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