



BikeRight! National Standard Cycle Training

We run a programme of cycling sessions to promote cycling and encourage cycling for commuting, health and leisure. All courses start at Manchester Velodrome car park at Sportcity, Clayton. We can provide you with a bike and helmet. Just bring yourself!

Name: _____

Address: _____

Telephone: _____

Email address: _____

About you and your cycling

Which of the following age bands do you fall into? Please tick:

9-16 16-20 21-30 31-40 41-50 51-60 61-70

Gender: Male Female

How would you describe yourself as a cyclist?

Complete beginner Returning to cycling

Basic skills Average Advanced

How often do you cycle?

Most days About once a week About once a fortnight

About once a month Not often

Do you own a cycle helmet? Yes No

BikeRight!

Unit 8 877 Ashton Old Road, Manchester, M11 2NA

Tel: 0161 230 7007 Email: info@bikeright.co.uk Web: www.bikeright.co.uk

We offer 3 different levels of training. Please tick which level you would like:

Learn-to-ride – A private lesson for complete beginners which will be tailored to the individual's needs.

Bikeability Level 1 – A group lesson (max 6) designed for riders with basic skills and returners to cycling.

Bikeability Level 2 – a group lesson (max 6) teaching basic on road riding using mainly quieter roads and off road routes.

Please tick preferred session dates and times:

Learn-to-ride private (1-1) Sessions
Please phone to arrange session (0161 230 7007)

Adult Bikeability level 1 group lessons
Tuesday 28th October 2:30pm – 4:00pm

Thursday 30th October 10.30am-12.00pm

Adult Bikeability level 2 group lessons
Tuesday 28th October 10.30am – 12:00pm

Thursday 30th October 2:30pm – 4:00pm

Child Bikeability level 1 group lessons
Tuesday 28th October 2:30pm – 4:00pm

Thursday 30th October 10.30am-12.00pm

Child Bikeability Level 2 group lessons
Tuesday 28th October 10.30am – 12:00pm

Thursday 30th October 2:30pm – 4:00pm

Please return the form along with payment to:

Open Courses @ BikeRight! Unit 8, 877 Ashton Old Road, Manchester, M11 2NA

Please make your cheque made payable to BikeRight!

Level 1 & 2 Group sessions - £30 each or 2 lessons for £50 (if booked together – per person)

Learn to ride private session - £50

All sessions are booked on a first come first served basis, and must be paid for in advance. We will contact you by phone or email when we receive your form.

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