



## 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](mailto:info@bikeright.co.uk) Web: [www.bikeright.co.uk](http://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**

Tuesday 1<sup>st</sup> April 2.00pm-3.30pm

Thursday 3<sup>rd</sup> April 10.30am-12.00m

**Adult Bikeability level 1 group lessons**

Tuesday 1<sup>st</sup> April 2:00pm - 3:30pm

Thursday 3<sup>rd</sup> April 10.30am-12.00pm

**Adult Bikeability level 2 group lessons**

Tuesday 25<sup>th</sup> 2.00pm -3.30pm

Thursday 27<sup>th</sup> March 10.30am-12.00pm

**Child Bikeability level 1 group lessons**

Tuesday 1<sup>st</sup> April 10.30am -12.00pm

Thursday 3<sup>rd</sup> April 2.00pm-3.30pm

**Child Bikeability Level 2 group lessons**

Tuesday 25<sup>th</sup> March 10.30am-12.00pm

Thursday 27<sup>th</sup> March 2.00pm-3.30pm

**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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