



*More people cycling, more safely, more often!*

## SUMMER HOLIDAYS 2019

**Free training for children from Year 5 and above who live or attend a school in Kingston**

### **Bikeability LEVEL 1 & 2 Courses**

**10.00 – 12.00. Various venues in the borough of Kingston**

This week-long course introduces cycling on quiet residential roads.

Training includes:

■ **Bike checks** ■ **Control skills** ■ **On-road cycling** ■ **Highway Code**

Search “Bikeability” on [www.kingston.gov.uk](http://www.kingston.gov.uk)

### **Advanced Bikeability LEVEL 2 / LEVEL 3**

**AM or PM. We come to you**

A 2 hour one-to-one session aiming to give young cyclists the ability to do road journeys independently. Two trainees can share the session. Only suitable for Level 2 achievers in Year 6 or above.

Training may include:

■ **Route planning** ■ **Roundabouts** ■ **Traffic lights** ■ **Main roads**

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**All enquiries**

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