

# Avanti Freewheelers holiday programme

5 sessions from 28 July - 1 September

every Wednesday 4-7pm

Ages 10 - 14 £5 per session

Run by DBS-checked, qualified cycling instructors

## Week 1 - 28 July

### Wonky Wheels

- Have fun playing bicycle games you've never heard of before
- No matter what bike you have or how long you've been riding, you'll enjoy these rolling challenges
- Plus - A short cycle around the neighbourhood to get a feel for the local roads

## Week 2 - 4 August

### Tour de Calcot

- Come on a guided ride around the local area and beyond
- You'll be riding on quiet routes and doing some exploring, picking up some useful skills that could come in handy on the school run

## Week 3 - 11 August

### Got what it takes?

- Try out our obstacle course and gain some cool mountain bike skills
- No matter what bike you have or how long you've been riding, you can tackle the ramps, seesaws and balance beams
- Start on an easy level and work your way up
- Plus - Patch that Puncture - 101 or bike maintenance

## Week 4 - 18 August

### Got what it takes?

- Try out our obstacle course and gain some cool mountain bike skills
- No matter what bike you have or how long you've been riding, you can tackle the ramps, seesaws and balance beams
- Plus - Patch that Puncture - 101 or bike maintenance

## Week 5 - 25 August

### Trail ride

- Come for an adventure along the Kennet and Avon Canal
- This ride is suitable for any bike and is along a leisurely route

<https://westberkshire.avantifreewheelers.cc/>

<https://bookwhen.com/avantifreewheelers-ccc-westberkshire>

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