

We are offering  
**FREE SESSIONS** for  
**SPONDON**  
**FAMILIES**

**cycle derby**



To compliment the amazing inclusive cycling sessions we are offering schools in Spondon and in support of your local Safe Haven project, we are now offering adults and families:

Learn to ride, **family Bikeability** and **cycle confidence training**.



Fully  
Inclusive  
**Adult 1:1  
sessions**

Learn to ride,  
learn new skills and  
improve cycling confidence.

**Family  
Bikeability**

For families wanting  
to learn new skills  
and cycle together  
more confidently.



To **book a session** and to find out more  
about your local **Safe Haven project**,  
go to: [www.cyclederby.co.uk](http://www.cyclederby.co.uk).