

Change4Life Kingston presents...

Bike4Life Learn to Cycle



FREE! We will even loan you a bike!

Learn to Cycle

Want to get back on a bike? Have one but not confident enough to use it?

Join this FREE 2 part course to learn the skills required to ride a bike. You will need your own bike or we can loan a bike for you.

Thursdays, 21st and 28th March, 10am - 12noon @ Piper Hall, Piper Road, Kingston, KT1 3EX

For further information, or to book onto the course (including if you need to loan a bike), contact Change4Life Kingston: 020 82969747 or c4l@ymcalsw.org

