

## **Bikeability 2025**

### **Schedule**

Monday 29<sup>th</sup> September 2025

9.15 – 10.45 Groups A and B

11.00 – 12.00 Group A

Monday 6<sup>th</sup> October 2025

9.15 – 12.00 Group A

Monday 20<sup>th</sup> October

9.15 – 12.00 Group B

### **Groups**

GROUP A	GROUP B
Alice	Eleanor
Dillon	Isabelle
Freddie	Ruby
Lowenna	Sofia
Rudy	
Sienna	

All bicycles must be safe to take part in the training. The link below shows the checks to do before the training. **Also need to have a coat.**

Bikeability call them the 'ABCDs' of cycle maintenance:

- **AIR** – Have your tyres got enough air?
- **BRAKES** – Do the front and back brakes work properly?
- **CHAIN** – Have you oiled it recently?
- **DIRECTION** – Are your handlebars fixed on tight? Is your seat on tight and pointing forward?

[Cycle Training for Children - About Cycle Training | Bikeability](#)