

## FREE Cycle Skills Sessions

Targeted cycle training is a great way to improve your confidence and experience the fun and freedom of riding a bike!

Cycling also benefits your physical and mental health, helps reduce congestion, is non-polluting and saves you money – so why not give it a go!

Avanti Cycling are working with Reading University to provide **FREE** training for all levels of cyclist from complete beginner to advanced commuter. The following sessions are NOW available:

### Back on Bike - Confidence Rides

#### Weds 2-3pm Meet outside Palmer Building

For those who may not have cycled for some time or are nervous using a bike. Develop signalling, bike control, use of gears and initial advice for cycling on roads. Free Bike Check and set up

### Bike Commuting Skills and Tips

#### Weds 3.30-5pm Meet outside Palmer Building

More advanced cycling techniques - road positioning, dealing with junctions & roundabouts, local route planning. This session can be delivered within a guided ride or as a workshop.

Also includes **UK Road Rules** for cyclists based on the Highway Code.

**Lunchtime leisure rides** – work up an appetite for your lunch meet Thursdays 12.45pm outside Palmer

**Learn to Ride training:** for complete beginners available on request  
Bike Maintenance workshops and other events being set up  
**watch this space!**

All training is based on the National Standards guidelines, tailored to suit the needs of participants and will be delivered by experienced and qualified Avanti Cycling Instructors.

To Book a place or for more information contact  
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