

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!

Students and Staff at Reading University can take advantage of **FREE** training being delivered by qualified Avanti Cycling instructors. All levels of cyclist from complete beginner to advanced commuter will benefit. All participants will receive a **FREE set of Bike Lights!**

The following sessions are available running from Wednesday **7th February** until Easter:

Back on Bike - Confidence Rides - Weds 2-3pm

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. Meet outside Palmer Building – session starts with Bike Check and set up.

Bike Commuting Skills and Tips - Weds 3.30-5pm

More advanced cycling techniques - road positioning, dealing with junctions & roundabouts, local route planning. Also includes **UK Road Rules** for cyclists based on the Highway Code. Meet outside Palmer Building – session starts with Bike Check and set up.

Learn to Ride training: for complete beginners available on request; ; group or 1-1 training from London Road Campus; Lunchtime /after work leisure rides also available on request.

To book a place contact k.robertson@reading.ac.uk

In addition **Bike Maintenance**; workshops and other events supporting cycling take place throughout the year.

For more information visit the Cycling pages on **UoR Sustainability/Travel** website