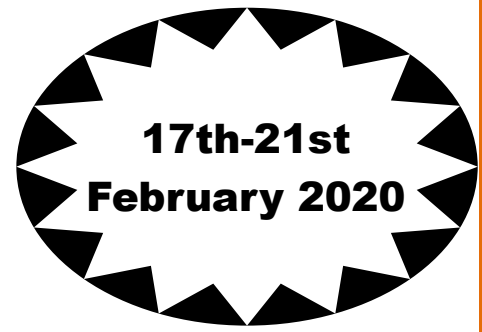




# Bikeability Holiday Course



SMBC is offering the chance for children aged **10+** to take part in a Level Two /Three Bikeability holiday course over the February half term.

## The course will offer trainees the opportunity to:

- ⇒ Develop their cycling skills
- ⇒ Enhance their understanding of road use as a cyclist
- ⇒ Provide them with a safe and realistic choice in terms of their journey to school, and ultimately to university and work.
- ⇒ Develop their understanding of road cycling
- ⇒ Improve their confidence to cycle on roads around the school, including local A roads, multi lane roads, traffic lights, and roundabouts.
- ⇒ Cycling towards a level three certificate in Bikeability

## How does it work?

- ⇒ The SMBC Cycle Training Instructors will work with groups of trainees in and around the local area.
- ⇒ The course is a one day course and a duration of 3 hours starting at 09:30a.m—12:30p.m.

**The course is an invaluable addition to the student skillset and experience. Free to attend.**

**Must own and bring a bike, helmet and wear suitable clothing for all weathers.**

**The venue is Langley Primary School, St. Bernards Road, Olton, Solihull B92 7DJ.**

**For more information please contact:** [lorraine.harper@solihull.gov.uk](mailto:lorraine.harper@solihull.gov.uk)  
**0121 704 6511**

