

## About your cycling – please tick the boxes

### 1. Which of these statements best describes you:

- I can't ride a bike  
 I can ride a bike but I'm not very confident at all  
 I can ride a bike but I'm not confident enough to ride on busy roads

### 2. How often do you make a journey by bike?

- Never     A few times a year or less  
 A few times a month or less     Once a week or more

### 3. If you have made a journey by bike in the last MONTH, where were you travelling to?

(tick all that apply)

- Work     School or college  
 Services (shops, doctors, library etc)  
 Visit friends or family  
 Recreational activity (a pub, theatre, cinema, etc)  
 Other     I haven't made any journeys by bike

### 4. I would like to hire a bike, subject to availability

(£20 refundable deposit is payable on first session\*)

- YES     NO

### 5. I would like to borrow a helmet, subject to availability

- YES     NO

(£10 refundable deposit is payable on first session\*)

### 6. How did you find out about the course?

### 7. Have you attended a previous Adult Cycle Course run by Leicestershire County Council?

- YES     NO

I would like to be kept informed of other walking/cycling events and evaluate the adult cycle courses

- YES     NO

For further information or enquiries call 0116 305 5289 or email [choosehowyoumove@leics.gov.uk](mailto:choosehowyoumove@leics.gov.uk).

#### Please send the booking form to:

ETD Central Admin, Leicestershire County Council, County Hall (Room 700), Glenfield, Leicestershire LE3 8RJ

On receiving your booking form, (and if a place is available), a course information leaflet containing further details will be sent to you. Places are allocated on a first come first serve basis.

\*Cheques made payable to Leicestershire County Council

L0907

# Get cycling

in Leicestershire



Cycling is great fun - it can help you to get fit, save money on fuel and it's a more environmentally friendly way to make everyday journeys.

#### The Course

The aim of the course is to develop your skills and confidence so you can cycle safely on the road. Training is delivered by National Standard Instructors over five two-hour sessions starting in a traffic-free environment. You'll be in small groups with people of a similar skill level. As part of the course you will learn how to do a basic bike check.

#### Cost

The course is FREE! And don't worry if you don't have your own bike as bikes are available to borrow\* (pre-booking required). Helmets can also be borrowed if required\*\*.

If you are borrowing a bike, please arrive 15 minutes early on the first session to complete the necessary paperwork.

\*Subject to availability.  
£20 refundable deposit required.  
\*\*£10 refundable deposit required.

## Choose how you move



Leicestershire's **Choose How You Move** campaign helps people to get fit, save money, have fun and help the environment - by leaving their cars at home. Choose how you move by walking, cycling, using public transport or car sharing for everyday journeys.

Adult Cycling Courses are run by Leicestershire County Council's Environment and Transport Department – 0116 305 5289. Visit [www.leics.gov.uk/cycling](http://www.leics.gov.uk/cycling) where you can find cycle maps covering the city and county, and details of other cycling initiatives and events.

### Conditions of borrowing a bike

The loan bikes are available at the venue on week 1 only. The bike will be yours for the duration of the course. You **must** be able to take it away with you after each session and the bike will be collected on week 5.

If you require this information in an alternative version such as large print, Braille, tape or help in understanding it in your language, telephone 0116 305 0001 or e-mail [choosehowyoumove@leics.gov.uk](mailto:choosehowyoumove@leics.gov.uk)

# Get cycling

in Leicestershire

...a great place to live and visit

## FREE Cycling courses for over 16s



# Adult Cycling Courses 2013



If you haven't cycled for a while or have never felt confident on a bike, why not book on one of our FREE cycling courses.

## Shepshed High School, Forest Street

- Thursdays 6pm-8pm  
6th, 13th, 20th, 27th June and 4th July

## Coalville, Snibston Discovery Museum

- Saturdays 10am-12noon  
20th, 27th April, 4th, 11th and 18th May

## Coalville, NWL District Council, Whitwick Road

- Tuesdays 6pm-8pm  
16th, 23rd, 30th July, 6th and 13th August
- Mondays 5.30pm-7pm  
2nd, 9th, 16th, 23rd and 30th September

## Ibstock Community College, Central Avenue

- Tuesdays 6pm-8pm  
7th, 14th, 21st, 28th May and 4th June

## Glenfield, County Hall (Leicestershire County Council)

- Saturdays 10am-12noon  
16th, 23rd, 30th March, 6th and 13th April
- Thursdays 6pm-8pm  
11th, 18th, 25th July, 1st and 8th August

## Barwell, George Ward Centre, Church Lane

- Mondays 6pm-8pm  
3rd, 10th, 17th, 24th June and 1st July

## Hinckley, Holycroft Park Tennis Courts, Shakespeare Drive

- Mondays 6pm-8pm  
8th, 15th, 22nd, 29th April and 6th May

## Loughborough College, Radmoor Road

- Saturdays 10am-12noon  
11th, 18th, 25th May, 1st and 8th June
- 27th July, 3rd, 10th, 17th, and 24th August
- 31st August, 7th, 14th, 21st and 28th September
- Sundays 10am-12noon  
1st, 8th, 15th, 22nd and 29th September

## Melton, Cattle Market, Scafford Road

- Mondays 6pm-8pm  
1st, 8th, 15th, 22nd and 29th July

## Asfordby Parish Hall, Main Street

- Thursdays 9.30am-11.30am  
2nd, 9th, 16th, 23rd and 30th May

## Quorn, St Bartholomew Primary School, Willowcroft

- Saturdays 10am-12noon  
22nd, 29th June, 6th, 13th and 20th July

## Queniborough CofE Primary School, Coppice Lane

- Wednesdays 6pm-8pm  
12th, 19th, 26th June, 3rd and 10th July

## Watermead Country Park, King Lear's Lake Car Park, Syston

- Wednesdays 6pm-8pm  
3rd, 10th, 17th, 24th April and 1st May
- 7th, 14th, 21st, 28th August and 4th September
- Saturdays 10am-12noon  
5th, 12th, 19th, 26th October and 2nd November

## Oadby, Brookside Primary School, Copse Close

- Tuesdays 6pm-8pm  
11th, 18th, 25th June, 2nd and 9th July

## Wigston, Bushloe High School Campus, Station Street

- Wednesdays 6pm-8pm  
8th, 15th, 22nd, 29th May and 5th June

## Enderby Police HQ, St. Johns

- Tuesdays 5.30pm-7.30pm  
13th, 20th, 27th August,  
3rd and 10th September

## Glen Parva Parish Council, Dorothy Avenue

- Wednesdays 12.45pm-14.45pm  
3rd, 10th, 17th, 24th April and 1st May

## Market Harborough, Little Bowden Recreation Ground, Scotland Road

- Thursdays 6pm-8pm  
15th, 22nd, 29th August, 5th and 12th September

## Booking Form Cycling Courses for over 16s



(please complete one form per person in block capitals)

Name:

Address:

Postcode:

Tel:

Email:

(please write clearly and case sensitive where applicable)

Male  Female

Enter the details of the course you want to attend:

Venue:

Start date of course:

Please give a name and telephone number that can be used on the day of the course to contact someone in case of an emergency:

### Health Screening

For most people, physical activity does not pose any risk, but we do ask that you let us know if you have an existing medical condition that we should be aware of by providing details here, or calling 0116 305 5289.

Details of existing medical conditions:

The information collected on this form will be held in line with the Data Protection Act 1998. It will be held electronically. It will be used by Leicestershire County Council to provide the service you have requested and for communicating information to you regarding related council services. The information will be kept for 3 years, unless you decide to unsubscribe from the service which you can do by e-mailing choosehowyoumove@leics.gov.uk

**Declaration:** I understand that it is important that I share information about any medical condition I have, and the information I have provided will be shared with those delivering the course. I also understand that Leicestershire County Council recommends that I wear a helmet that conforms to BS EN 1078. I am over 16 years old.

Signed:  Date:

Please turn over