

## 1. Learn to ride a bike

and

## 2. Learn to ride a bike with confidence

Ladies only - aged 14+

## The Gentle Cycling Company is offering free courses to get ladies on bicycles and riding with confidence

No cycling experience required for "Learn to ride" course

Some cycling experience required for "Learn to ride with confidence" course

We provide bicycles and helmets, transport and refreshments

**Dates available:** (Saturdays 12.30-3.30pm) August 19th, September 2nd, 16th, 30th, October 14th, 28th

Contact: Bernie on 0211774965 or <a href="mailto:info@gentlecycling.co.nz">info@gentlecycling.co.nz</a> or sign up below:

Name	Phone Number	Which course