

Prime Coaching



SUMMER FRIDAY EVENING FITNESS & FUN TRAINING SESSIONS 2010

At Hillingdon Cycle Circuit, Minet Park,
Springfield Road, Hayes, Middlesex, UB4 0LF

Commencing soon every Friday until end of August
Check website for start date

Open at 6.30pm for warming up, session starts at 7 pm
Suitable for new and returning cyclists
The sessions will consist of riding in groups at a pace to suit all levels of fitness
Under the supervision of Qualified Cycling Coaches
Light refreshments available
Helmets must be worn

Fee £3 (Under 18s 14-17 years old £2)

Parental consent form required for all riders under 18 years of age

For further information please contact:

Lindsey or Nick Hobbs

Telephone 01895 236397

Email nick@maygoods.freeuk.com



Prime Coaching is a voluntary organisation committed to raising the standards of coaching and cycle racing in British Cycling Central Division. Membership of Prime Coaching is available to members of cycling clubs in the Central Division who wish to be active in achieving 'The Aims of Prime Coaching' Find us at www.primecoaching.co.uk