

Family cycling

Cycling is a sociable and brilliant experience to enjoy as a family. We offer training to families to help boost their experience and to support families with cycling safely.

How does the training work?

All sessions will be delivered by qualified National Standards Instructors who ensure that the training will meet the needs of each family.

The training is delivered in 2 x 1.5 hour sessions on a Saturday morning.

The training starts off in a non-traffic area and progresses to local roads and routes you would like to ride.

What is required?

All sessions are available for up to 6 people from the same household and **MUST** include one adult.

Riders must:

- Be able to ride independently.
- Provide their own roadworthy bike
- Helmet (optional)

How to book?

The training cost is **£40 per family**.

Follow the link below:

<https://sports.brighton-hove.gov.uk/events>

Any queries please email

east.central@brighton-hove.gov.uk



Brighton & Hove
City Council