

**FREE  
COURSES**

**Now cycling to work  
really works for me**

**It's waking up ready and raring to take on rush hour**

[cyclecityconnect.co.uk/cycle-training](https://cyclecityconnect.co.uk/cycle-training)



**Whether you're looking to build your confidence, maintain your bike or master your commute, we have a course for you.**

- Fully funded for ages 16 upwards
- Bikes and equipment are provided at no extra cost
- Training locations available daytime, evening and weekends across West Yorkshire
- Bespoke and 1:1 sessions available on request

## **Sessions**

<b>Learn to ride</b>	For the complete beginner
<b>Novice</b>	All the skills needed to ride on traffic-free routes
<b>Intermediate</b>	Everything you need for short on-road trips
<b>Advanced</b>	Tackle cycling in the city with confidence
<b>Maintenance</b>	For all levels of experience: learn to fix your punctures and keep gears shifting smoothly

**Visit [cyclecityconnect.co.uk/cycle-training](https://cyclecityconnect.co.uk/cycle-training)  
or call 01274 753 556 for more information**

 @CycleCityConnect  
 @CityConnect1  @CityConnect1



A project  
led by the

**West  
Yorkshire**  
Combined  
Authority