



# FREE CYCLING FOR CHILDREN

The Bury Clarion Bullets Juniors sessions are open to children from ages 6 to 15 and provides fun, activity based cycling designed to develop skills and introduce riders to all aspects of the sport.



## WHERE & WHEN DO WE MEET

Every Friday at 16:30 - 17:30  
Summer season: Bowlee Park, Middleton  
Winter season: Gigg Lane, Bury Stadium

Sunday 10:00 – 12:00  
Tangle Hill, Royton

Cost £3 per session + £6 annual membership

Everyone is welcome so please get in touch

[goride@buryclarion.co.uk](mailto:goride@buryclarion.co.uk)

## JUNIOR SESSIONS

Sessions start with a bike, helmet and clothing check followed by a warm up.

The session will include fun activities of about 20 minutes duration each. Riders will be coached in bike handling skills, which will develop all aspects of bike riding, in a safe traffic-free environment.

Sessions will finish with age-related and supervised challenges (e.g. races or relays) plus finally, a warm down.

All activities will be monitored by the fully trained volunteer coaches\* who are all fully CRB checked and accredited by British Cycling.

\*The club employs Dave Lawson's services, who is a British Cycling Level 3 coach in both Road and Mountain Biking. He is also HSA Advanced Sports and Exercise Nutritional Advisor and level 1 coach in Training Peaks. Dave has a great ability to create a cycling lesson plan for both indoor and out cycling with structure and make it fun for the children. He started coaching in 2009 with the goal of delivering the best possible coaching to riders of all ages and abilities, and so he could spend his days sharing stories of rides and drinking tea! He qualified through British Cycling and is a coach on their GB Performance Pathway which identifies future Olympians. He also works with various schools, councils, teams, clubs and individuals.

## FIND OUT MORE

For more information join our Facebook Group: <https://www.facebook.com/buryclarionbullets>

