



## RideWise Cycling

### Helping families to enjoy cycling

We love cycling and we think we can help you and your family love it too. Our four community pop up cycle centres run regular free activities, rides, cycle training, bike repair and events between March and October as well as some winter cycling support events through the late autumn and winter times.

Our pop up cycle centres are based at:

**Arkwright Meadows Community Gardens, The Meadows**

**on the 2nd and 4th Saturday of the month**

**Lenton Abbey Park, Derby Road**

**on the 1st and 3rd Saturday of the month**

**Bulwell Forest Recreation Ground, off Hucknall Road**

**on the 1st and 3rd Saturday of the month**

**King Edward's Park, Sneinton**

**on the 2nd and 4th Saturday of the month**

There's a regular weekly programme across the city, which includes short guided rides, cycle instruction and loads of special events such as bike maintenance sessions that everyone will enjoy. And, what's even better is that the project is supported by Nottingham City Council, which means that if you live in Nottingham, it's completely free!

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Call us on 0115 955 2288

Check out [www.nottinghamcyclecentres.co.uk](http://www.nottinghamcyclecentres.co.uk) for the full timetable



## RideWise Cycling - at AMC Gardens

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We're really excited to have the Arkwright Meadows Community Gardens as the location of one of our pop up cycle centres. We'll be running the following free programme, each month between March and October:

#### 2nd Saturday of each month:

**Beginners cycling lesson: 10am – 11am**

**Improvers cycling lesson: 11am – 12noon**

**Dr. Bike for bike repair: 11am – 12noon**

**Guided ride: 12noon – 1pm**

**Guided walk: 12noon – 2pm**

#### 4th Saturday of each month

**Beginners cycling lesson: 10am -11am**

**Improvers cycling lesson: 11am – 12noon**

Check out our website for regular special events and the full weekly programme.

If you're interested in joining the beginners or improvers cycling lessons then email [customerservices@ridewise.org.uk](mailto:customerservices@ridewise.org.uk) or give us a call for more information. For other activities just turn up and get involved!

And, don't forget that we can lend you a bike to use at any of our sessions, just let us know in advance.

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