

ON YOUR BIKE ...AGAIN

An afternoon course
to help you become
comfortable and
confident on a cycle
in today's conditions



**Just £5 per
person**

**Bring your own bike
and helmet**

Health and Fitness

- ♥ Helps with weight control
- ♥ Boosts your general fitness

Commuting

- ✓ No parking fees
- ✓ Avoid Traffic jams

Parents

- Family outings
- Escort children to School and events
- Shopping trips

**Saturday 25th June 2pm –
4pm**

Emsworth Recreation ground

**From 1pm – 2pm FREE bike
checks by Emsworth cycle
shop**

To secure your place return this slip to Sophie Jevons, Havant Borough Council, Civic Centre road. Havant. PO9 2AX or call 02392 446570 / email sophie.jevons@havant.gov.uk

Name _____

Address _____

Contact number _____