

Get fit and cycle safe with our free courses



Free one-to-one and group **Cycle Skills** lessons for adults who live, work or study in Merseyside. Tailored training at a level suited to your needs all based on the National Cycle Training Standards.

The courses last for two hours and can be booked at:

www.bikeright.co.uk/liverpool



**LIVERPOOL
CITY REGION**
COMBINED AUTHORITY



METROMAYOR
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Basic Cycle Skills

Develop your riding in a safe, off-road environment with a qualified instructor. You'll learn the basics, build your skills and gain the confidence to be able to navigate around your local area.



Urban Cycle Skills

Improve your cycling skills and confidence. You'll start in an off-road environment to refresh your cycling technique and develop new skills before moving on to practise on quiet roads. Your qualified instructor will support you throughout.



Advanced Cycle Skills

Perfect your cycling techniques with a qualified trainer. Improve your performance when dealing with complex junctions, heavy traffic or cycling at night and receive assurance that you are cycling efficiently and effectively.

Want to know more?

For full details and to book **individual sessions** and **group courses** online please visit:

www.bikeright.co.uk/liverpool

All courses are delivered in line with social distancing and hygiene guidelines by qualified trainers and structured around needs of trainee. Each person can have up to three sessions. Courses last for two hours. Participants must be age 16 or over. Funded by Merseytravel, Bikeability and Merseyside Road Safety Partnership



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