



Ambition Aspire Achieve

Charity Registration Number: 1167816

CYCLING CLUB

ARC in the PARK Adventure Playground
Hermit Road Park, Bethell Avenue, E16 4JT

EVERY SATURDAY from 10.30am to 12:30pm
Opportunities and activities for all ages from 5 upwards

★ **Great Value - Only £2 per Session** ★

BIKES AVAILABLE - No need to have a bike of your own

**Activities include: Learn to Ride • Riding for Fun •
Bikeability Courses (all levels) • Group Rides • Bike
Maintenance • Competitions • Trips to BMX, Velodrome
and Cross Country Tracks**

★ **Try our very own Arc 120m Bike Track!** ★

★ **Opportunity to own a bike of your own - FREE** ★

Young people with disabilities and/or additional needs especially welcome
(we have a wide array of adapted bikes - parents may be required to stay depending on the needs of the young person)

**For further details call Paula 07432 024002 / 0207 511 4253
email - paula@theaazone.com**



Arc in the Park is a safe, friendly and fully inclusive centre - children supervised by qualified DBS checked Playworkers

Ofsted
Registered