



Ambition Aspire Achieve

Charity Registration Number: 1167816

# CYCLING CLUB

TERENCE BROWN ARC in the PARK

Hermit Road Park, Bethell Avenue, Canning Town, 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 • BMX bikes and trips to BMX tracks •  
Velodrome • cross country tracks

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

★ **Opportunity to build and own your own bike** ★

**Young people with disabilities and/or additional needs especially welcome**  
(we have a wide array of adapted bikes)



For further details contact Paula

07432 024002 / 0207 511 4253 [paula@theaaazone.com](mailto:paula@theaaazone.com)

**PRE-BOOKING ESSENTIAL**

The Terence Brown Arc in the Park is a COVID-19 safe environment





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## COVID-19 Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

### Safety measures will include:

- Limited spaces - places must be pre-booked
- Additional controls in place to access playschemes including non-invasive temperature checks
  - Reduced group sizes at any one time
- Extra hygiene/cleaning measures, before/during/after sessions
  - Maintaining social distancing measures
  - Adapted activities that are fun and engaging

Contact us now for further details:

Paula on 0207 511 4253 / 07432 024002 / [paula@theaaazone.com](mailto:paula@theaaazone.com)

Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: [@theaaazone.com](https://twitter.com/theaaazone.com) | Facebook [@AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)