SOUTHEND WHEELERS





Places to ride Kid's cycling coaching February half term.

Southend Wheelers coaches will be delivering some more coaching sessions at Garon Park Sports Centre, for children aged between 10-16 years of age during the February half term school holidays.

Sign up now at https://www.trybooking.com/uk/CZZT as places are limited or use the QR code below. The cost is £5:00 per session (+ booking fee). There are 20 places on each of the sessions available.

Saturday 17th February Tuesday 20th February Saturday 24th February

Session times: 09:30 - 11:00

Venue: Peter Butler Cricket Oval, Garon Park Sports Centre, Eastern Avenue, Southend-on-Sea, SS2 4FA



These sessions will be suitable for children with BMX's, road bikes or mountain bikes. There will be a variety of skills delivered by the coaches, with a progression pathway either to cycling with Southend Wheelers, or the Travers MTB series which starts in April. There are other superb cycling facilities available in Essex and the Southeast. Parents can download this "What's next" document to plan a progression pathway.

This session will require a parental consent form. Please complete one before the session and bring it with you on the day.

Please bring suitable hydration and nutrition for your child, and waterproof clothing if wet.

There are other activities available at Garon Park whilst P2R is on.

Padel4All tennis - <u>Padel4all Garon Park - 4-court padel centre in Southend</u>
Southend Leisure and Tennis Centre - <u>Southend Leisure & Tennis - Group Exercise | Swimming & Diving | Gym - Fusion Lifestyle (fusion-lifestyle.com)</u>
Adventure Golf - <u>Garon Castle Adventures - Adventure Golf in Southend</u>
The Pitch side café will also be open for refreshments.