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Working in partnership with

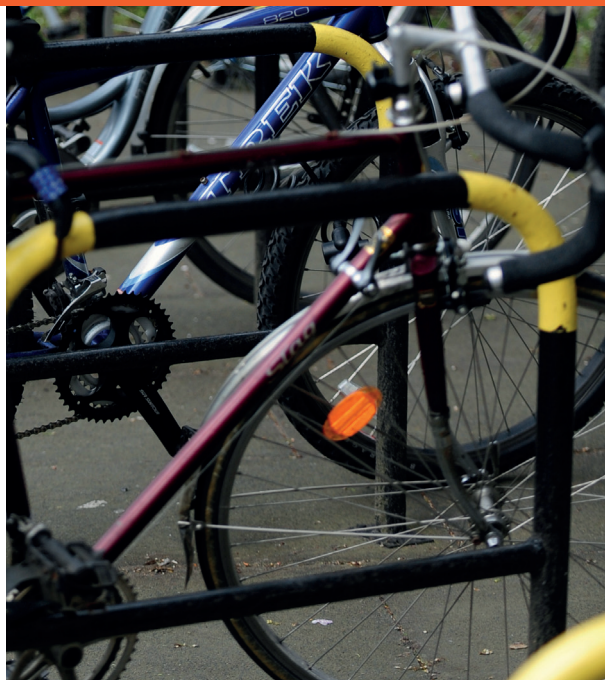
BARNET
LONDON BOROUGH



FREE Adult & Family Cycle Training



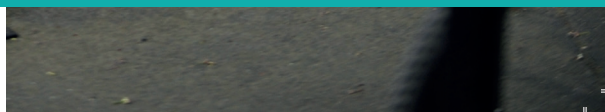
- > How competent a cyclist are you?
- > Would you like to improve your cycling skills and become a more confident cyclist?
- > Would you like training as a family so you can enjoy family days out?



If you live, work or study in the London Borough of Barnet you can register for free adult or family cycle training by visiting:

www.cycleconfident.com

Turn over for details on how to register and book your free training.





**If you live, work or study in the
London Borough of Barnet you can receive free adult
one to one cycle training or free family cycle training
for up to 3 people, one of which must be an adult.**

To arrange your free cycle training follow the procedure
set out below:

1. Visit **www.cycleconfident.com**
2. Register on the website by clicking the 'register' link in the top right hand corner of the website.
3. Once you have registered you will receive an activation email from Cycle Confident, with a link to activate your account.
4. Once you have clicked on the link within the activation email you receive, follow the instructions and book your adult individual or family cycle training session.
5. Please fill in the booking form carefully and ensure that when prompted to do so you choose from a drop down list that you 'live, work or study in Barnet'. This will ensure that at the end of the booking form there is no charge for the training.
6. The cycle instructor that will run your training session will contact you to confirm the date and time you have chosen for your session. If the instructor is booked on that date s/he will discuss alternative dates with you.

If you need help booking online
please telephone **020 8359 4972**