

ADULT Cycle TRAINING



**SUBSIDISED ADULT CYCLE TRAINING
FROM SOUTH ESSEX ACTIVE TRAVEL
(SEAT) PROGRAMME**

Don't have a bike?
**DON'T WORRY, CYCLE AND HELMET
HIRE WILL BE PROVIDED.**

**SIMPLY BOOK, PAY, AND COME
READY TO LEARN!**





SUBSIDISED ADULT CYCLE TRAINING OFFER AS PART OF THE SOUTH ESSEX ACTIVE TRAVEL (SEAT) PROJECT:

£10 commitment fee

Free bike and helmet hire

1:1 training with a fully qualified instructor

2 hour session

**Goodie bag on completion of training to include
D-lock, hi viz tabard, lights and puncture kit in a
drawstring bag (subject to availability)**

**Training available for residents in Southend,
Thurrock, Castle Point, Rochford and Basildon
who wish to cycle to their workplace or place of
higher education**

**FOR MORE DETAILS OR TO BOOK A SESSION EMAIL
IDEASINMOTIONSOUTHEND@SOUTHEND.GOV.UK
OR PHONE 01702 215595 OR 01702 215338**



**IDEAS
IN MOTION**

Essex County Council



thurrock.gov.uk

**SOUTH ESSEX
ACTIVE TRAVEL**

**southend
onsea**
BOROUGH COUNCIL

