

# FREE Adult Cycle Training

Improve your skills with our practical cycle training session led by our qualified and experienced cycle trainers

## Essential Cycling Skills – 1 to 1 & Group Sessions

**DATES:** Starting August 2019 & ending January 2020

**TIME:** On arrangement with trainers for group and 1 to 1 sessions

Come in and speak to our staff & they will give you all the details or contact the trainers below on the email addresses provided

Taking place throughout Angus, Dundee, Perth & Kinross & Stirling

We can provide free access to bikes and equipment required so don't worry if you don't have access to a bike

Open to any adult who would like to learn to cycle, regardless of experience

Get in touch with our amazing trainers and start your human powered journey to happiness

**CONTACT:** Alex Pattison for Angus - [alexabccc@gmail.com](mailto:alexabccc@gmail.com)

Stephen Borland for Dundee - [stephen.cyclinginstructor@gmail.com](mailto:stephen.cyclinginstructor@gmail.com)

Kelly Fry for Perth & Kinross - [info@smallfrycycles.co.uk](mailto:info@smallfrycycles.co.uk)

Kat Brown for Perth & Kinross - [kat@thebikestation.org.uk](mailto:kat@thebikestation.org.uk)

Andrew Abbess for Stirling – [stirlingcycletraining@gmail.com](mailto:stirlingcycletraining@gmail.com)

**\*\*For all Cycling Scotland enquiries contact Marianne Scott – [mariannescott@cycling.scot](mailto:mariannescott@cycling.scot) \*\***

*Essential cycling skills*



**Cycling  
Scotland**