

## Why Cycle?

Cycling is a great way to get around the Royal Borough of Kingston upon Thames! With growing concern about environmental pollution from car traffic, the Council actively promotes cycling. Not only is it often the quickest way for short journeys such as those to work, the rail station, the shops and school, but it also improves your health and fitness.



## The Importance of Cyclist Training

Although the Royal Borough already has excellent cycle routes with easy to follow direction signs, and regularly introduces more facilities to make it safer, we think the best way to get more people cycling more often is through training.

Research shows that training helps riders develop cycling skills which in turn increases their confidence and level of enjoyment.

If you would like more information in your own language, please contact us at the address or telephone number shown on this document.

إذا رغبت في الحصول على المزيد من المعلومات بلغتك الأم، يرجى مراسلتنا على العنوان المذكور في هذه النشرة.

যদি আপনার নিজ ভাষায় আরো তথ্যাদি পেতে চান তবে দয়া করে এই লেখাতে দেওয়া ঠিকানায় আমাদের সঙ্গে যোগাযোগ করুন।

如果您想索取以你的语言写的更多的资讯，请按本文件所示的地址和我们取得联系。

જો આપને આપની પોતાની ભાષામાં વિશેષ માહિતી જોઈતી હોય તો આ દસ્તાવેજમાં જણાવેલ સરનામે અમારો સંપર્ક કરશોજી.

यदि आप अपनी भाषामें अधिक जानकारी चाहते हैं तो कृपया इस दस्तावेज में लिखे हुए पते पर हम से संपर्क करें।

日本語での詳しい情報は記載住所までご連絡下さい。

한국어로 된 정보가 더 필요하시 경우 이 문서에 있는 주소로 연락해 주십시오.

اگر آپ اپنی زبان میں مزید معلومات حاصل کرنا چاہتے ہیں تو دیئے گئے پتے پر ہم سے رابطہ قائم کریں۔

ਜੇਕਰ ਤੁਹਾਨੂੰ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਹੋਰ ਜਾਣਕਾਰੀ ਚਾਹੀਦੀ ਹੈ, ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਇਸ ਦਸਤਾਵੇਜ਼ ਤੇ ਦਿੱਤੇ ਪਤੇ ਤੇ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

உங்கள் மொழியில் மேற்கொண்ட தகவல்களைப் பெறவிரும்பினால் எம்முடன் இடபத்திரத்தில் தரப்பட்டிருக்கும் விலாசத்தில் தயவுசெய்து தொடர்பு கொள்ளவும்.

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Information is also available in large print, braille and tape.

Customer Care : 020 8547 5929

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INVESTOR IN PEOPLE

[www.kingston.gov.uk](http://www.kingston.gov.uk)

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# They say it's as easy as learning to ride a bike!



## Cyclist training for Kingston residents of all ages and abilities!

[www.kingston.gov.uk/goodgoing](http://www.kingston.gov.uk/goodgoing)



## Child Cyclist Training

These weeklong courses held each year during the Easter and summer holidays are suitable for children in Years 5 and above. A combination of theory and practical, it covers the Highway Code, bike handling skills and important on-road training.



## Adult Cyclist Training

Whether you've not ridden for years, never ridden at all or want to master on-road situations, Adult Cyclist Training is for you!

Held over three weekday evenings during the spring and summer months, this course provides a safe, social and supportive environment to help you achieve your aims and build your confidence. Due to high number of instructors at each course, classes are tailored to match the needs of each individual.

*Though we recommend you have your own road worthy bicycle for this course, a limited number are available for loan.*

***“The instructors were very encouraging and had a genuine interest in ensuring we achieved our goals”***

## Family Cyclist Training

It can take some time for a child (and parents!) to adjust to independent cycling when a child outgrows the safety seat on their parent's bike. This course improves the cycling skills and confidence of the youngster and equips the parents with the knowledge and abilities to accompany their child effectively on quiet roads.

Family courses are run by request at schools, with the support of volunteer parents. If you would like a course to take place at your child's school, please ask your Head Teacher to contact the Road Safety and Travel Awareness Unit on 020 8547 5826.

***“I enrolled on the Family Course as I'm nervous about my children riding bikes on the road – anything that helps them be safer is really important”***



## Individual Cyclist Training

We can provide tailor-made training for individuals, families, social groups and workplaces.

For further information about any of our Cyclist Training courses, or to make a reservation, please call the Council's Cyclist Training Co-ordinator on 020 8547 5826.

***“All the instructors were committed cyclists themselves and their enthusiasm was catching. It was a great opportunity to ask all the questions I had about the bike and cycling without feeling silly”***

## Practical Bicycle Maintenance for Beginners

Are your brakes squeaking? Your tyres punctured? Then this course is for you! It introduces basic maintenance to keep your bicycle in good health, as well as "first aid" repairs.

For further information about upcoming Bicycle Maintenance courses, call the North Kingston Centre on 020 8547 6700.