

# YMCA

CyclingUK  
The Big Bike  
Revival

# CYCLING SKILLS

Move more, meet new people  
and boost your confidence in  
your ability as a cyclist.

**FREE  
ACTIVITY  
FOR 16+**



## **OUTDOOR SKILLS**

Tuesday 6:00pm - 7:30pm

## **OUTDOOR CLUB RIDE**

Wednesday 6:00pm - 7:30pm



**YMCA WEST BROMWICH**

38 Carters Green, B70 9LG

**JOIN NOW!**



# TUESDAY

6:00pm - 7:30pm

## Maintenance Skills & Drills



Our skills & drills sessions give you tips and guidance to make sure your bike remains in top condition and you are confident in your ability as a cyclist.

Our sessions will include:

- Safety check your cycle
- Puncture repair
- Learn to ride
- Cycle skills coaching
- Cycle maintenance
- Plan local routes
- How to cycle safely

Join at YMCA Reception or contact Luke Ridout on 0121 524 1950 or [luke.ridout@ymcabc.org.uk](mailto:luke.ridout@ymcabc.org.uk) to book your place.

You can bring your own bike, or if you don't have one you can borrow one from us.

[ymcabc.org.uk](http://ymcabc.org.uk)

# WEDNESDAY

6:00pm - 7:30pm

## Outdoor Club Ride



Joining us for our led cycle rides has loads of benefits.

You'll get to build your confidence on a bike, meet like-minded people and make new friends, whilst staying active and exploring to beauty of Sandwell Valley.



Here for young people  
Here for communities  
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.