



Funded by

**The Palmers Greenery  
Community Cafe**

**FREE CYCLE TRAINING  
ACTIVITY DAY**

**29th OCTOBER  
10 am - 4pm**

**Broomfield Park N13 4HE (meet by the Cafe)**

**3 x 90 minute  
Learn to Ride a Bikes Sessions  
with Bikes and Helmets provided**

- **10:00 to 11:30 Children 5 to 11**
- **12:00 to 1:30 Adults 11+**
- **2:15 to 3:45 Children 5 to 11**

**Bring your Bike and get a  
FREE Bike service from the onsite  
Bike Mechanic available from  
10:00 to 4:00**

Booking details :

<https://bookwhen.com/bluecycle>

