

***Want to improve
your confidence
and skills
riding a bike?***



FREE COURSES FOR BEGINNER TO INTERMEDIATE RIDERS

When

- Weekday courses comprise of 3 sessions. They run on either 3 consecutive Mondays or 3 consecutive Wednesdays from 3.30pm to 5.30pm.
- Weekend courses comprise of 2 sessions. They run on 2 consecutive Saturdays from 9am to 12noon.

Where

- From sites in your local area including RPA campus, Camperdown, and Marrickville Community Centre, Addison Rd, Marrickville.

Trainer

- Qualified cycling coach.

Contact details

To book or inquire
call Central Sydney Health Promotion Unit
on **9515 3350** or email **barbara.telfer@email.cs.nsw.gov.au**



CENTRAL SYDNEY AREA
HEALTH SERVICE