



**An exciting opportunity for people of any age with a physical or learning disability to take part in the British Cycling Disability Hub at Cyclopark in Gravesend.**

**British Cycling Disability Hub- Cyclopark, The Tollgate, Wrotham Road, Gravesham, Kent, DA11 7NP**

- HSBC UK Disability Hub at Cyclopark in Kent and has monthly sessions delivered by British Cycling coaches, open to all ages.
- The disability hub sessions provide monthly traffic-free coaching for people with physical and learning disabilities.
- The sessions aim to improve rider's technique, fitness and confidence in a safe, fun and challenging environment.
- The hub sessions help riders with a range of goals: whether to get into a new sport, meet new friends, improve fitness and confidence on a bike, rehabilitate from injury or train for competition.
- The Cyclopark disability hub also has a range of adapted equipment on-site which includes handcycles, tandems and trikes, making the sessions accessible for those who don't have access to their own bike.
- Dates: 12<sup>th</sup> May, 9<sup>th</sup> June, 14<sup>th</sup> July, 11<sup>th</sup> August, 8<sup>th</sup> September, 13<sup>th</sup> October, 10<sup>th</sup> November 2018 with all session running 10:30am-12:00pm

For further information please go to:

[www.britishcycling.org.uk/disabilityhubs](http://www.britishcycling.org.uk/disabilityhubs)

or contact British Cycling's Go-Ride team on 0161 274 2070

or email [go-ride@britishcycling.org.uk](mailto:go-ride@britishcycling.org.uk)

