



# MOVE MORE ABILITY

move more .je

MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.

Our Move More Ability Programme covers Ability Walks, Multisports, Circuits, Boccia and our Cycle Without Limits cycle sessions.

**You must register and book before attending any of our sessions.**

To register for our Move More Ability sessions and Cycle Without Limits please visit: [Jersey Sport and Move More Adult Programmes Registration Form](#)

For further information and to book a session, please telephone: **01534757704** or email: [movemore@jerseysport.je](mailto:movemore@jerseysport.je)

To find out more about our Cycle Without Limits Centre, please visit [our website](#).

These sessions aren't drop-in, so we kindly ask that participants arrive at their scheduled time as shown on the timetable.

Cycle Without Limits is a charitable initiative that operates independently of Government funding and relies entirely on fundraising. If you wish to donate, please scan the QR code below or follow the link:

[👉 JerseyGiving - Cycle Without Limits](#)

## JULY WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 1	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	11:30 - 12:45	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 2	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits	
FRI 3	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 4	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

## JULY WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 6	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 8	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	11:30 - 12:45	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	13:30 - 15:00	Cycle Without Limits	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 9	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits Guided Ride*	
FRI 10	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 11	12:00-13:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais

## JULY WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 13	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 15	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	11:30 - 12:45	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 16	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
FRI 17	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 18	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	Cycle Without Limits	

## JULY WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 20	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 22	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	10:00 – 11:15	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:00	Cycle Without Limits	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 23	11:00 – 12:30	Cycle Without Limits Out and About Guided Ride * Les Jardin de La Mer	Meeting point is by the toilet next to the Elizabeth Castle ticket Kiosk. Parking is available in lay by 1 Victoria Avenue.
	13:00 – 14:30	Cycle Without Limits Out and About Guided Ride * Les Jardin de La Mer	
FRI 24	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 -11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 -13:30	Cycle Without Limits	
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 25	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

JULY WEEK 5			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 27	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 29	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	13:30 - 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 30	10:30 - 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:30 - 13:30	Cycle Without Limits	
	14:00 - 15:30	Cycle Without Limits Guided Ride*	
FRI 31	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)

\* **Cycle Without Limits Adult Guided Rides:** This session is for those who wish to venture for a short ride (up to one hour) using a CWL cycle on roads / cycle paths starting and finishing at the CWL centre. This is only for regular adult CWL attendees who have been deemed competent by a CWL staff member to take part – please speak to a CWL staff member before booking.