



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

To register 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

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 follow the link:

[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\) JerseyGiving - Cycle Without Limits](#)

OCTOBER WEEK 1

Day	Time	Activity Type	Meeting Point
FRI 2	10:00 – 11:00	Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	11:30 – 12:30	Relaxed Boccia	
	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 3	10:30 – 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	Cycle Without Limits	

OCTOBER WEEK 2

Day	Time	Activity Type	Meeting Point
MON 5	10:30 – 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 7	10:00 – 11:00	Multisport Session	Howard Davis Park
	13:30 – 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 – 18:45	Circuit Session	Oakfield
THUR 8	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits Guided Ride*	
FRI 9	10:00 – 11:00	Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	11:30 – 12:30	Relaxed Boccia	
	12:00 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 10	10:30 – 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	Cycle Without Limits	

OCTOBER WEEK 3

Day	Time	Activity Type	Meeting Point
MON 12	10:30 – 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 14	10:00 – 11:00	Multisport Session	Howard Davis Park
	13:30 – 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 – 18:45	Circuit Session	Oakfield
THUR 15	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits	
FRI 16	10:00 – 11:00	Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	11:30 – 12:30	Relaxed Boccia	
	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 17	10:30 – 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	Cycle Without Limits	

OCTOBER WEEK 4

Day	Time	Activity Type	Meeting Point
MON 19	10:30 – 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 21	10:00 – 11:00	Multisport Session	Howard Davis Park
	13:30 – 15:00	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais
	17:45 – 18:45	Circuit Session	Oakfield
THUR 22	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits	
FRI 23	10:00 – 11:00	Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	11:30 – 12:30	Relaxed Boccia	
	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 24	10:30 – 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	Cycle Without Limits	

OCTOBER WEEK 5

Day	Time	Activity Type	Meeting Point
MON 26	10:30 – 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 28	10:00 – 11:00	Multisport Session	Howard Davis Park
	10:00 – 11:15	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	11:30 – 13:00	Cycle Without Limits	
	13:30 – 15:00	Cycle Without Limits	
	17:45 – 18:45	Circuit Session	Oakfield
THUR 29	12:30 – 13:30	Cycle Without Limits *Out and About Guided Ride	Goose on The Green. Meet in car park, behind the Goose on the Green.
	14:00 – 15:30	Cycle Without Limits *Out and About Guided Ride	
FRI 30	10:00 – 11:00	Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	11:30 – 12:30	Relaxed Boccia	
	12:00 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 31	10:30 – 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 – 13:00	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.