

**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:

👉 JerseyGiving - Cycle Without Limits

JERSEY SPORT

CYCLE WITHOUT LIMITS

| DECEMBER WEEK 1 | | | |
|---|---|---|---|
| **Day** | **Time** | **Activity Type** | **Meeting Point** |
| WED 2 | 10:00 - 11:00 | Multisport Session | Howard Davis Park |
| | 11:30 – 13:00 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 13:30 - 15:00 | Cycle Without Limits Guided Ride* | |
| | 17:45 - 18:45 | Circuit Session | Oakfield |
| THUR 3 | 12:30 – 13:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 14:00 - 15:30 | Cycle Without Limits | |
| FRI 4 | 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 |
| | 14:00 - 15:00 | Ability Walk | Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre) |
| SAT 5 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 12:00 - 13:00 | Cycle Without Limits | |

| DECEMBER WEEK 2 | | | |
|---|---|---|---|
| **Day** | **Time** | **Activity Type** | **Meeting Point** |
| MON 7 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 9 | 10:00 - 11:00 | Multisport Session | Howard Davis Park |
| | 11:30 – 13:00 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 13:30 - 15:00 | Cycle Without Limits | |
| | 17:45 - 18:45 | Circuit Session | Oakfield |
| THUR 10 | 12:30 – 13:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 14:00 - 15:30 | Cycle Without Limits Guided Ride* | |
| FRI 11 | 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 12 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 12:00 - 13:00 | Cycle Without Limits | |

JERSEY SPORT

CYCLE WITHOUT LIMITS

| DECEMBER WEEK 3 | | | |
|---|---|---|---|
| **Day** | **Time** | **Activity Type** | **Meeting Point** |
| MON 14 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 16 | 10:00 - 11:00 | Multisport Session | Howard Davis Park |
| | 11:30 – 13:00 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 13:30 - 15:00 | Cycle Without Limits Guided Ride* | |
| | 17:45 - 18:45 | Circuit Session | Oakfield |

***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.