

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

NOVEMBER WEEK 1			
Day	**Time**	**Activity Type**	**Meeting Point**
MON 2	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 4	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 5	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits	
FRI 6	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)

NOVEMBER WEEK 2			
Day	**Time**	**Activity Type**	**Meeting Point**
MON 9	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 11	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 12	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits Guided Ride*	
FRI 13	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 14	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

NOVEMBER WEEK 3			
Day	**Time**	**Activity Type**	**Meeting Point**
MON 16	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 18	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 19	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits	
FRI 20	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 21	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

NOVEMBER WEEK 4			
Day	**Time**	**Activity Type**	**Meeting Point**
MON 23	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 25	10:00 - 11:00	Multisport Session	Howard Davis Park
	11:30 – 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	13:30 - 15:00	Cycle Without Limits	
	17:45 - 18:45	Circuit Session	Oakfield
THUR 26	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits Guided Ride*	
FRI 27	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 28	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

NOVEMBER WEEK 5			
Day	**Time**	**Activity Type**	**Meeting Point**
MON 30	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier

***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.