

Women On Wheels

WOMENS CYCLING PROGRAMME

- 8 Week Beginner Cycling Programme- €25 in total for 8 weeks
- 8 x 90 minute cycling sessions led by qualified & experienced ride leaders in 3 locations
- 50km celebration cycle at the end of the programme
- This course is designed to:
 - Improve your confidence & stability on your bike
 - Increase knowledge of gearing, cadence & cycling safely within groups or on your own
 - Improve your cycling fitness and provide an opportunity to meet other beginner cyclists



Location 1:

UL East Gate Carpark
Begins Mon 25th April
6.30pm



Location 2:

Ardagh Greenway Carpark
Begins Tues 26th April
6.30pm



Location 3:

Kilmallock Town Carpark
Begins Thurs 28th April
6.30pm



"The Road Captains were brilliant- my cycling and confidence on the bike have really improved. I achieved things that I didn't think were possible for me!"

"Really enjoyable programme and friendly group. Suitable for any level."

For more info visit www.limericksports.ie or call 061-333600



<http://limericksports.ie/event/wow/2022-04-25/>

