

CYCLE SUNDERLAND

Do you want to take part in led cycle rides in Sunderland?

Well now is your chance...

Cycling is an excellent way of being active, improving your health and well-being and enjoying the local scenery. Cycling sessions cost only £2, and are available on the following days and times:

Day	Location	Time
Tuesday	Seaburn Centre, Whitburn Road, Sunderland, SR6 8AA Tel: 0191 529 3800	9.30am-11.30am
Friday	Silksworth Community Pool, Tennis & Wellness Centre Silksworth Lane, Sunderland, SR3 1PD Tel: 0191 561 5901	2.00pm-4.00pm
Sunday	Seaburn Centre, Whitburn Road, Sunderland, SR6 8AA Tel: 0191 529 3800	10.00am-12.00pm

*These sessions will run from 1st October 2010 - 31st March 2011

All cycle rides are led by trained Activators and cycles and helmets are provided. These cycle rides are suitable for all abilities and ideal if you have not cycled in a while. Participants should have previous experience of cycling, and are requested to wear suitable clothing and footwear, and bring their own drink. **Please contact the relevant venue to book your place.**

For more information relating to Cycle Sunderland please visit www.activesunderland.org.uk or telephone 0191 5614713

activeSunderland