

Cycling Courses for Adults

Please print, complete and return this application form to:
Safety Education Team, 2nd Floor Civic Centre
44 York Street, Twickenham TW1 3BZ
Tel: 020 8487 5131

If you have problems printing this form, please contact us and we will send you one.

Whilst designed to be mainly practical, the courses also cover some theory and basic cycle maintenance. The meeting point for each course will be the Community College, Clifden Road, Twickenham TW1 4LT. Each course costs £15 but is free for those with proof of means tested benefits. Applicants must live or work in the borough of Richmond upon Thames.

Level 2 – Group course: Riding on the road - ready but needing support

These courses are designed for adults, 16 years or over, who can control their bikes including riding in a straight line and stopping as well as being able to look behind and signal (not at the same time and not whilst turning corners) without wobbling too much. Each course consists of three ninety minute sessions – all of them held on-road apart from a short time off-road at the beginning of the first session when we assess your current level in order to know what ride and level of tuition would be suitable for you. A limited number of bikes are available for free loan if you cannot get your own bike to the venue.

Courses 2010 – 6.30pm to 8pm

Please ✓ the course required

Course full - Course 1	20 th -27 th -April & 4 th May	<input type="checkbox"/>
Course full - Course 2	12 th -19 th & 26 th May	<input type="checkbox"/>
Course 3	10 th 17 th & 24 th June	<input type="checkbox"/>
Course 4	30 th June, 7 th & 14 th July	<input type="checkbox"/>

Personal details

Title	Do you need to borrow a bike	Yes/No
First name	Family name	
Address	Daytime telephone number	
	Mobile	
Postcode	Email	

I enclose a cheque for £15 payable to LBRuT or a photocopy of proof of benefit.

If you are a Richmond upon Thames employee please give your job title _____

And place of work _____

Signature _____

Date _____

The courses are fully covered by the Borough's insurance policy, but this does not cover personal injury insurance. We will only use your personal details for the purpose of communicating with you about this course.