



Shimna Wheelers Sprocket Rocket Bike Skills Course Starting May 2nd

What is Sprocket Rocket?

Sprocket Rocket is Cycling Ireland's skills programme that teaches boys and girls aged 7-11 years old, through three progressions, 4 fundamental cycling skills of **Cornering, Pedalling, Braking and Balance**, by qualified "Sprocket Rocket" Instructors.

When and Where?

The Course will be run every Saturday from 10.00am -11.00am starting on May 2nd at St Mary's Primary School, 31A Elmgrove Park, Newcastle, BT33 0BA. The school grounds provide a secure and safe environment. There is also plenty of car parking spaces on site and toilet facilities are available.

How much is the Sprocket Rocket course?

Our Sprocket Rocket Course will cost each participant £20. This will include this years club membership and this years Cycling Ireland membership which provides insurance cover and access to a range of Cycling Ireland approved events. Participants will receive a personal logbook and certificate on completion.

How many weeks will the course run for?

The initial course will run for 9 weeks. The first 8 weeks will involve covering the skills base in a fun and safe environment. On week 9 we hope to hold the final session in one of our amazing local parks followed by a short picnic. Details will be sent well in advance.

What do you need to bring to the course?

For each session you should bring a bike and helmet. The bike should be in reasonable condition and all parts safe to ride. Helmets are compulsory for all club run activities and should fit properly. Clothing should be comfortable and loose trouser bottoms should be avoided as they can get tangled in chain. Clothing should be appropriate for the time of year and weather conditions. We would recommend you bring a rain coat to all sessions. The sessions only last for 1 hour but you may wish to bring a healthy drink or water bottle.

How to book: Please email peadarjcurran@gmail.com, or contact me on 07808931514, with the details of your child(ren) and we will forward you an application form(s) or you can download from our website. All parent(s)/guardian(s) will be required to complete and sign our parental consent form before your child can be accepted on this course.

Please note: Only 24 places available so book early. We will be establishing a waiting list for future courses.

For further details of the sprocket rocket programme see:

<http://www.cyclingireland.ie/page/programmes/sprocket-rocket> or our website at www.shimnawheelers.com