



## **Mountain biking with Quench for young people**

After the fantastic success of the Holiday Mountain bike sessions in 2011 we are delighted to announce the dates and times for sessions for February half term and the Easter holidays in 2012. The sessions are designed to improve off-road bike skills in a safe yet fun and healthy environment.

### **Feb Half Term**

- Age 6-11 - 10am - 12pm: 13<sup>th</sup>, 14<sup>th</sup> & 16<sup>th</sup> Feb
- Age 11-18 - 2pm - 4pm: 13<sup>th</sup> & 14<sup>th</sup> Feb

### **Easter Holidays**

- Age 6-11 - 10am - 12pm: 2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> April.
- Age 11-18 - 2pm - 4pm: 2<sup>nd</sup>, 3<sup>rd</sup>, 10<sup>th</sup> & 11<sup>th</sup> April.

### **After School**

Our after school club starts weekly on Mondays from the 16<sup>th</sup> April - last session 16<sup>th</sup> July.. 4.30pm - 6.30pm (12 sessions per term, not in half term holiday)

Call now to book a place for the 12 sessions, just £90.00! (£7.50 per session)

### **Prices for holiday sessions.**

£8.50pp for holiday sessions.

Normal hire charges apply for rental bikes.

Prices include 2 hours of cycling, helmet and coaching. Normal parking charges apply.

All Courses are run by fully trained MBLA or CTC coaches with full first aid training and insurance.

**To book or for further details please call the numbers below:**

**Bedgebury - 01580 879694**

**Alice Holt - 01420 520355**