



Adapted Cycling Session



Where: Stanborough Park Activity Centre
South Side
Stanborough Road
Welwyn Garden City
AL8 6XF



When: Tuesday 26th July
Tuesday 2nd August
Tuesday 9th August



Time: 10:00 – 11:00



Cost: £5 per session



Wear **comfortable clothes** and some **trainers**

Please wear trousers or shorts



All people on bikes must wear a helmet

We have helmets for you to wear



We have a choice of bikes for you to use



You must book a place

To book a place [click here](#)

Email: ros@hswfoundation.org.uk

Or call 07817756143



<https://www.facebook.com/HertsDisabilitySportsHub>