

SUMMER PROGRAMME

FAMILY ACTIVITIES FROM RE:FRESH AND THE CYCLE CENTRE

22 July - 1 September 2019

Witton Country Park, Blackburn

Inclusive Cycle

Have a ride around the outdoor track on one of a range of adapted bikes. Suitable for all abilities.

FREE

Monday 10am - 12pm

Biker Tots

Stay & Play for 2-4 year olds

Fun session on the outdoor track in Witton Park Arena with balance bikes and other toys and games. FREE.

Tuesday 11am - 1pm

Bike Hire at the Cycle Centre

Cost for up to two hours inc helmet
£5 adults (16+), £2.50 junior/over 60+
BMX: £5 per bike

Wednesday 10am - 4pm

Sunday 12pm - 4pm

re:fresh Family Bike Hire at the Cycle Centre

During these times adults who qualify for re:refresh can hire a bike for £1 with every full paying child.

Tuesday, Thursday and Friday

2.30pm - 4.30pm

Xplorer Scavenger Hunt

Pick up a map from the Cycle Centre and have fun exploring the park. Maps £1 each

Tuesday, Thursday & Friday

2.30pm - 4.30pm

Wednesday 10am - 4pm

Sunday 12pm - 4pm

Healthy Bike

Learn how to fix a puncture, use gears effectively or clean a chain.

£1 per topic, lessons provided on one of our bikes.

Wednesday 10am - 12pm

Pop Up Pump Track

Come and have a go with one of our BMX's on the track. Weather permitting.

FREE. Competent riders only.

Thursday 10am - 12pm

Pedal Around the Park

Low level, led ride around the park for adults, ideal for beginners.

£5 per session or £1 under re:refresh

Thursday 1.30pm - 2.15pm

**FOR MORE INFORMATION
ON ANY OF OUR SESSIONS
PLEASE CALL 01254 682037**

re:refresh
your health and wellbeing

