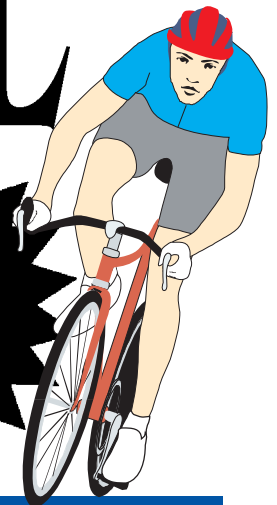




**Tuesday 16 February 2010 - 10am - 4pm**

# CYCLE CENTRAL DAY



**FOR  
AGES  
8-16\***

**Please bring own bike and safety equipment**

## **Areas to include:**

**Bike Marking and First Aid, Mock Road Skills,  
Bike maintenance, Bike Slalom, Ride the Perimeter**

**At St Luke's School, Redbourn AL3 7ET**

Please bring a packed lunch, drinks and weather protection

**ONLY £10 HURRY - PLACES LIMITED**

Please contact us if finance prevents a young person attending, we may be able to help.

**For more information or to request a booking form please contact**

**Paul Sands Extended Schools Coordinator**

**for Ravens Redbourn and Villages Extended**

**Network of Schools 01582 626727 or 07540 705966**

\*5-7 year-olds may attend for 2 hours for £5