

South Ribble Sports & Wellbeing Sessions



TRY-cycle

**SAT
18
MAY
to
6
JULY**

**LIMITED SPACES
BOOKING ESSENTIAL
BIKES & HELMETS PROVIDED**

10.00 am - 12 noon

**Worden Park
Leyland, PR25 1DJ**

**Meet at the
refreshment kiosk**

These **FREE learn to ride/cycle confidence sessions** are suitable for adults 18+ who have never learnt how to cycle or have not been on a bike for a long time. They will help to develop balance and bike handling skills to enable you to cycle with confidence. It's not too late to start and learn a new life changing skill.

These sessions will help build your cycling skills and confidence with the opportunity to enter our exciting **TRY-athlon event** on **13 July** at Worden Park.



To register your place email:
tryathlon@southribble.gov.uk or
call: 01772 625383 for more details



South Ribble Sports & Wellbeing Sessions



TRY-run

**SUN
26
MAY
to
7
JULY**

**9.45 am meet
for 10.00 am start**

**Worden Park
Leyland, PR25 1DJ**

Meet in the main car park

In partnership with Revolution Runners we are running **FREE** Try-run sessions. These are suitable for adults who are beginners or occasional joggers who want to improve their running fitness and technique.

Try-run will provide a supportive environment enabling those who take part to have fun and work towards personal goals for our TRY-athlon on 13 July.

No need to register or make every session, just turn up on the morning in suitable clothing with a drink.



**For further information contact:
Alison on 078540 13920 or email:
tryathlon@southribble.gov.uk**



South Ribble Sports & Wellbeing Sessions



TRY-swim

**FRI
17
MAY
to
5
JULY**

**When was the last time
you went for a swim?**

**FREE Swimming at:
Leyland Leisure Centre
Lancastergate, Leyland, PR25 2EX**

**Every Friday from
17 May to 5 July
7pm-8pm**

We are providing opportunities to **SWIM FREE OF CHARGE**. This is the perfect chance to get yourself into the pool and prepare for our **TRY-athlon event** to be held on **13 July**. Just email us to register a place and turn up when you want to attend.

**Also FREE swimming
in May Half Term on
Tuesday 28 May and
Thursday 30 May
12pm-1pm**



**REGISTRATION IS ESSENTIAL FOR ENTRY,
please email: tryathlon@southribble.gov.uk
or call: 01772 625383 for more details**

