

WINTER ACTIVITIES to 30th April 2012

NATIONAL CYCLING CENTRE
HOME OF BRITISH CYCLING



Get updates via SMS by texting follow **N_CyclingCentre** to **86444**

http://twitter.com/N_CyclingCentre

The National Cycling Centre has a Facebook page which can be found at
<http://www.facebook.com/pages/The-National-Cycling-Centre/179371172077367>

Taster Sessions

Essential for all riders new to Manchester Velodrome.
(Please note that riders must be 12 years or better)

Monday 8:00 – 9:00am 5:00 – 6:00pm
Wednesday 12:00–1:00pm
Thursday 8.00–9.00am 12:00–1:00pm & 5:00–6:00pm
Friday Family (9 yrs + & Adults) 5:00 – 6:00pm
Saturday 5:00 – 6:00pm
Sunday 5:00 – 6:00pm
COST £10.20 including bike hire, £8.00 Concessions

Taster Skills Improver

For riders who have gained their blue slip on a Taster session
Structured group riding for those preparing for the 2 hour Skills session.

Also for experienced Youth riders 9 – 15 years to gain Youth accreditation – see separate information

Friday 6:00 – 7:00pm
COST £10.20 including bike hire, £8.00 Concessions

Track Skills

For riders wishing to progress from the Taster Skills Improver session to Induction session, having gained their pink slip, this sessions are run as a pre-Induction session to gain a green slip for the Induction session.

Ask at Reception for
"Rider accreditation requirements" info sheet.

One Sunday each month 8:00-10:00pm

COST £14.80, £9.00 Concessions

Bike hire available, book in advance

Induction Sessions

For riders who have gained their green slip, this is a test of track craft for candidates to demonstrate the skills learned so that they can safely ride the **Structured Training** sessions. Accreditation membership will be issued on successful completion.

Riders must qualify for this session by successfully completing the Track Skills session.

One Sunday each month 8:00-10:00pm

COST £14.80, £9.00 Concessions

Bike hire available, book in advance

Structured Derny Training

Limited to 40 riders

Alternate **Wednesdays**

8:00pm - 10:00pm sessions for experienced accredited riders only.

Session must be booked and paid for in advance

COST £12.50 no concessions

Structured Sprint/Keirin Training

Limited to 24 riders

Alternate **Wednesdays**

8:00pm - 10:00pm sessions for experienced accredited riders only.

Session must be booked and paid for in advance

COST £12.50 no concessions

Structured A & B Training

For accredited riders, 15 years or better, these sessions will further develop technique, skill and fitness.

Bike hire available.

Tuesdays 5:00 - 7:00pm

Alternate Saturdays 11:00 – 1:00pm

Sundays 6:00 – 8:00pm

Can be booked in advance by phone

£10.20 not incl. bike hire, £8.00 Concessions

Structured B Training

You decide if you are 'B' ability, this is for the not so fit and not so fast (accredited) rider only
Advance booking and payment required.

Thursdays 6:00 - 8:00pm.

£10.20 not incl. bike hire, £8.00 Concessions

Bike hire available, book in advance

Structured Madison Training

For experienced accredited SQT riders only, individual riders are paired up into teams of 2

Can be booked in advance by phone

Alternate Saturdays 11:00 – 1:00pm

£10.20 not incl. bike hire, £8.00 Concessions

Bike hire available, book in advance

Veterans & B SQT

For accredited riders 40 years or better, and 'B' ability riders. 15 years or better are welcome on the **Tuesday** session. Can be booked in advance by phone

40 years or better only on **Friday**.

Bike hire available.

Both sessions 10:00am - 12:00 noon

£10.20 not incl. bike hire, £8.00 Concessions

We have up to 28 Wattbikes (spin bikes) available for hire. We are now inviting bookings from cycling clubs, companies, and youth groups to book a session (minimum 1 hour), that can be coach led, or you and your group free ride for the session. Riders must be 12 yrs or better.

Coach led Spin classes

Monday Tuesday & Thursday 6:00 – 7:00pm

Customers, 12 years or better can book our spin sessions, or come and do an individual free ride at other times. £4.20 per session

Phone 0161 223 2244

(Option 3 - Reception) to book



Juvenile / Junior Sessions with the Eastlands Velo Club
Monday 6:00 – 7:00pm **Wednesday** 6:00 – 8:00pm and **Saturday** 8:00 – 11:00am
Contact Eastlands Velo via their website www.Eastlandsvelo.com

Track bike or Tandem hire
up to 2 hours £10.50, £8.00 Concessions
over 2 hours £16.00, £12.00 Concessions

Please note that all our adult hire bikes are fitted with Look Delta pedals, and they **cannot** be swapped with your own pedals. We also have shoes or adapters available for those who do not have Look Delta -compatible cleats or want to ride in trainers.

Lake shoe hire

Cost of shoe hire per session **£4.50**.
If you are bringing your own shoes, please ensure they are clean and free of mud and grime, and are fitted with Look Delta type cleats in good condition.

Please note that a surety is required when hiring shoes.



Youth Track Cycling Programme

These sessions are for youth riders between the ages of 9 and 16 years old.

Available during school holidays and half terms

COST £6.20 per session, which must be paid for in advance, Includes bike & helmet hire, certificate and cycling bottle.
Dates available in reception and on website.

Community Open Youth sessions

Wednesday 5:00 - 6:00pm for Manchester residents 9 to 15 years old. Restricted to 15 riders per session, no need to book in advance Please arrive 15 minutes early.

Cost £2.00 incl. bike & helmet hire, pay at reception

Badminton – Netball - Basketball

We have indoor courts for hire

Players and teams should book courts in advance.

Badminton court Hire **£9.20** per hour & **£6.00** off peak.

Racket Hire **£2.00** Shuttlecock **£0.80**

Basketball and Netball court **£33.00** per hour off peak **£13.00**

Full sports area per hour **£70.00**

Concessionary rates

available to Job Seekers, Pensioners 60 years or better, Under-16s and Students in full time education on some Velodrome activities.

Please bring proof if you wish to take advantage of a discount.

Please note

Activities are subject to availability and change at the Management's discretion. Therefore, please telephone reception on 0161 223 2244 (option 3) before setting out, to avoid disappointment.

Due to demand, some track sessions must be booked and paid for in advance.

Cancelled sessions can only be transferred or a refund made if more than 7 days notice is given

Bike hook for yearly track bike storage available

Payments can be made by cheque, made payable to:

The Velodrome Trust
National Cycling Centre,
Stuart Street, Manchester,
M11 4DQ

Tel: 0161 223 2244

(Option 3 - Reception)

Fax: 0161 231 0592

Email:

admin@nationalcyclingcentre.com

