

ESSENTIAL SKILLS FOR ALL THOSE BUDDING YOUNG MOUNTAIN BIKERS

Mountain Bike Skills Sessions – beginners/improvers/intermediate/advanced or join us on a Social Ride or one of our Led Rides.

Thursday Eves – 6.00 – 7.30

Venue - Coed y Brenin: Cost for Skills Session is £2 per session

Existing and new members welcome. Places limited so please contact cyb.dragons@yahoo.com to register. Upon receipt of registration full details will be set to you. Limited places so please contact us ASAP.

Date	Activity	Coach/Leader/Guide	Notes
7 th April	Social Ride	Open to all	Meet at 6.00 by Beics Brenin and split into ability groups
14 th April	Kids Coaching	Tim Matthews Gaynor Davis Chris Jones Mike Smith	6.00 – 7.30 Group 1 – intermediate/Advanced (Tim/Chris) Group 2 – beginners, younger riders (Mike S/Gaynor)
21 st April	Social Ride	Open to All	Meet at 6.00 by Beics Brenin
	Breeze Ride	Gaynor/Tracey Dawson (TBC)	Women/Girls only please register
28 th April	Kids Coaching	Mike Tong (TBC) Elize Freeman	6.00 – 7.30 (Mike T/Elize)
5 th May	Led Ride	Mike Smith/Simon Dawson	Meet at 6.00 by Beics Brenin
	Breeze Ride	Gaynor/Tracey Dawson	Women/Girls only please register
12 th May	Kids Coaching	Tim Matthews Gaynor Davis Chris Jones Mike Smith	6.00 – 7.30 Group 1 – intermediate/Advanced (Tim/Chris) Group 2 – beginners, younger riders (Mike S/Gaynor)
19 th May	Social Ride	Open to all	Meet at 6.00 by Beics Brenin and split into ability groups
26 th May	Kids Coaching	Mike Tong (TBC) Elize Freeman	6.00 – 7.30
31 st May	Go Cycle Fest	Blaendolau Woods & Playing Fields Aberyswtyth	Chris – see https://www.britishcycling.org.uk/events/details/140242/Cyclefest-Go-MTB
2 nd June	Social Rides	Open to all	Half Term Rides – meet at 6.00 by Beics Brenin
	Breeze Ride	Gaynor/Tracey Dawson	Women/Girls only please register
9 th June	Kids Coaching	Tim Matthews Gaynor Davis Mike Smith Elize	6.00 – 7.30 Group 1 – intermediate/Advanced (Tim/Mike) Group 2 – beginners, younger riders (Elize/Gaynor)
16 th June	Led Ride	Mike Smith/Simon Dawson	Meet at 6.00 by Beics Brenin
	Breeze Ride	Gaynor/Tracey Dawson	Women/Girls only please register
23 rd June	Kids Coaching	Mike Tong (TBC) Elize Freeman	6.00 – 7.30 (Mike/Elize)
30 th June	Social Ride	Open to all	Meet at 6.00 by Beics Brenin
7 th July	Kids Coaching	Tim Matthews Gaynor Davis Mike Smith	6.00 – 7.30 Group 1 – intermediate/Advanced (Tim) Group 2 – beginners, younger riders (Mike S/Gaynor)
14 th July	Social Ride/BBQ	Open to All	End of term ride with all kids and BBQ