



MOVE MORE ABILITY

move more .je

MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

Our Move More Ability Programme covers Move More Ability Walks, Move More Ability sessions (formerly Sportability) and our Cycle Without Limits cycle sessions.

You must register and book before attending any of our sessions.

New participants must register themselves via the Hub before joining their first session and all sessions must be booked ahead of attending.

To register for our Move More Ability sessions please visit:

[Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](#)

For further information and to book a session,

please telephone: **01534757700** or email: movemore@jerseysport.je

To find out more about our Cycle Without Limits Centre, please visit [our website](#).



@MoveMoreJersey



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An initiative by

JERSEY SPORT

AUGUST WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 1	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	15:00 - 16:00	Cycle Without Limits Group Session	Cycle Without Limits Centre, Les Quennevais
	16:30 - 17:30	Cycle Without Limits Family Session	
TUE 2	12:30 - 13:30	Cycle Without Limits Family Session	Cycle Without Limits Centre, Les Quennevais
WED 3	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	16:00 - 17:00	Move More Ability Family Session*	Gilson badminton hall (Next to D'auvergne school)
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THU 4	10:30 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
FRI 5	10:00 - 11:00	Move More Ability Boccia Session	Howard Davis Park
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 6	10:30 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

AUGUST WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 8	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	13:00 - 14:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	15:00 - 16:00	Cycle Without Limits Group Session	
	16:30 - 17:30	Cycle Without Limits Family Session	
TUE 9	12:30 - 13:30	Cycle Without Limits Family Session	Cycle Without Limits Centre, Les Quennevais
WED 10	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	16:00 - 17:00	Move More Ability Family Session*	Gilson badminton hall (Next to D'auvergne school)
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THU 11	10:30 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
FRI 12	10:00 - 11:00	Move More Ability Boccia Session	Weighbridge, St Helier (outside Ce Soir)
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 13	10:30 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

AUGUST WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 15	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	13:00 - 14:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	15:00 - 16:00	Cycle Without Limits Group Session	
	16:30 - 17:30	Cycle Without Limits Family Session	
WED 17	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	16:00 - 17:00	Move More Ability Family Session*	Gilson badminton hall (Next to D'auvergne school)
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THU 18	10:30 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
FRI 19	10:00 - 11:00	Move More Ability Boccia Session	Weighbridge, St Helier (outside Ce Soir)
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 20	10:30 - 12:00	Cycle Without Limits Open Session *Closing Event – At Home Superheroes *	Cycle Without Limits Centre, Les Quennevais

AUGUST WEEK 4			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 22	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	15:00 - 16:00	Cycle Without Limits Group Session	Cycle Without Limits Centre, Les Quennevais
	16:30 - 17:30	Cycle Without Limits Family Session	
TUE 23	10:00 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
WED 24	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	16:00 - 17:00	Move More Ability Family Session*	Gilson badminton hall (Next to D'auvergne school)
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THU 25	10:30 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
FRI 26	10:00 - 11:00	Move More Ability Boccia Session	Howard Davis Park
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 27	10:30 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

* **Move More Ability Family Sessions:** This is a fun engaging session for families with children with additional needs. Parents need to attend the sessions with their children, and it is an opportunity for them take part in fun activities together. **Parents will have to stay with their children throughout the session.**