



MOVE MORE ABILITY



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

Our Move More Ability Programme includes 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](#).

SEPTEMBER WEEK 1			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
THU 1	10:30 - 11:30	Cycle Without Limits Adult Guided Ride*	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	

FRI 2	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 3	10:30 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

SEPTEMBER WEEK 2			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 5	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 7	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
	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 8	10:30 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	

FRI 9	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 10	10:30 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

SEPTEMBER WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 12	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 14	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
	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 15	10:30 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	

FRI 16	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 17	10:00 - 12:00	Move More Cycling Pop Up – Cycle Without Limits 'Have a go' session for people who haven't cycled with us before	Cycle Without Limits Centre, Les Quennevais

SEPTEMBER WEEK 4			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 19	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	13:00 - 14:30	Cycle Without Limits Adult Guided Ride*	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 21	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
	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 22	10:30 - 11:30	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

	12.00 - 13.00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	
FRI 23	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 24	10:30 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

SEPTEMBER WEEK 5			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 26	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 28	10:00 - 11:00	Move More Ability Session	Howard Davis Park
	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
	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 29	10:30 - 11:30	Cycle Without Limits Adult Guided Ride*	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits Open Session	
	13:30 - 14:30	Cycle Without Limits Group Session	
FRI 30	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)

* **Cycle Without Limits Adult Guided Rides:** This session is for those who wish to venture for a short ride (up to one hour) using a CWL cycle on roads / cycle paths starting and finishing at the CWL centre. This is only for regular adult CWL attendees who have been deemed competent by a CWL staff member to take part – please speak to a CWL staff member before booking.

* **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.**