



# MOVE MORE ABILITY



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 \(refer-all.net\)](https://www.move-more-jersey.com/online-referral-form)

For further information and to book a session, please telephone: **01534757700** or email: [movemore@jerseysport.je](mailto:movemore@jerseysport.je)

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

DECEMBER WEEK 1			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
THU 1	10:30 - 11:30	Cycle Without Limits 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	St Helier Methodist Centre (on the side to the Methodist Church)
	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

## DECEMBER 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
	12:30 - 14:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	14:30 - 16:00	Cycle Without Limits Guided Ride*	
WED 7	10:00 - 11:00	Move More Ability Multisport Session	Les Ormes
	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
	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	St Helier Methodist Centre (On the side to the Methodist Church)
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 10	10:00 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

### DECEMBER 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
	12:30 - 14:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	14:30 - 16:00	Cycle Without Limits Guided Ride*	
WED 14	10:00 - 11:00	Move More Ability Multisport Session	Les Ormes
	10:00 - 11:30	Cycle Without Limits School Session	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield

### DECEMBER 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
	12:30 - 14:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais
	14:30 - 16:00	Cycle Without Limits Group Session	
WED 21	10:00 - 11:00	Move More Ability Multisport Session	Les Ormes
	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 Guided Ride*	
FRI 23	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (on the side to the Methodist Church)
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)

DECEMBER WEEK 5			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 28	10:00 - 11:00	Move More Ability Multisport Session	Les Ormes
THU 29	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 Guided Ride*	
FRI 30	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (on the side to the Methodist Church)
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 31	10:30 - 12:00	Cycle Without Limits Open Session	Cycle Without Limits Centre, Les Quennevais

\* **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.