



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: **01534757704** or email: movemore@jerseysport.je

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



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An Initiative by



DECEMBER WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
FRI 1	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 2	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

DECEMBER WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 4	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
TUE 5	16:00 - 17:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
WED 6	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
	12:00 - 13:00	Cycle Without Limits School Session	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THUR 7	10:30 - 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:30 - 13:30	Cycle Without Limits	
	14:00 - 15:30	Cycle Without Limits	
FRI 8	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 9	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

DECEMBER WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 11	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 13	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
	12:00 - 13:00	Cycle Without Limits School Session	
	13:30 - 15:00	Cycle Without Limits	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THUR 14	10:30 - 12:00	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais
	12:30 - 13:30	Cycle Without Limits	
	14:00 - 15:30	Cycle Without Limits	
FRI 15	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 16	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

DECEMBER WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 18	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 20	10:00 - 11:00	Move More Ability Multisport Session	Les Ormes
	10:00 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THUR 21	10:30 - 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:30 - 13:30	Cycle Without Limits	
	14:00 - 15:30	Cycle Without Limits	
FRI 22	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 23	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

DECEMBER WEEK 5

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 27	10:00 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
THUR 28	10:30 - 12:00	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais
	12:30 - 13:30	Cycle Without Limits	
	14:00 - 15:30	Cycle Without Limits	
FRI 29	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	
SAT 30	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

* **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.