



Our Move More Ability Programme covers Move More Ability Walks, Move More Ability sessions (formerly Sportability) and 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](mailto:movemore@jerseysport.je)

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



@MoveMoreJersey



@MoveMoreJersey

An Initiative by



## JANUARY WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 3	10:00 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	
THUR 4	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 5	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	
SAT 6	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

## JANUARY 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
WED 10	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 11	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 12	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
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 13	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

## JANUARY 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
WED 17	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 18	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 19	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
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 20	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	



## JANUARY 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
TUE 23	15:45 - 16:45	Cycle Without Limits Family Session	Cycle Without Limits Centre, Les Quennevais
WED 24	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 25	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 Guided Ride*	
FRI 26	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
	14:00 - 15:00	Move More Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 27	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

JANUARY WEEK 5			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 29	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 31	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

**\* 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.