## MOVE MORE

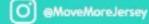
Our Move More Ability Programme covers Move More Ability Walks, Move More Ability sessions (formerly Sportability) and our Cycle Without Limits cycle sessions.

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: <u>Move More Jersey - Online Referral Form - ReferAll Self-Referrals (refer-all.net)</u>

For further information and to book a session, please telephone: 01534757704 or email: <u>movemore@jerseysport.je</u>

To find out more about our Cycle Without Limits Centre, please visit our website.





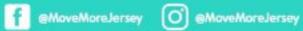


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JULY WEEK 1			
DAY	TIME	ΑCTIVITY TYPE	MEETING POINT
MON 1	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	10:00 - 11:00	Move More Ability Multisport Session	Howard Davis Park
WED 3	10:00 - 11:15	Cycle Without Limits School session	Cycle Without Limits Centre, Les Quennevais
	11:30 - 12:45	Cycle Without Limits School session	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THUR 4	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
INUK 4	14:00 - 15:00	Cycle Without Limits Guided Ride*	
	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
FRI 5	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
FRI J	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)
<b>5 4 7 4</b>	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
SAT 6	12:00 - 13:00	Cycle Without Limits	





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JULY WEEK 2			
DAY	TIME	ΑCTIVITY TYPE	MEETING POINT
MON 8	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	10:00 - 11:00	Move More Ability Multisport Session	Howard Davis Park
WED 10	10:00 - 11:15	Cycle Without Limits School session	Cycle Without Limits Centre, Les Quennevais
	11:30 - 12:45	Cycle Without Limits School session	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
	12:30 - 13:30	Cycle Without Limits	
THUR 11	14:00 – 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quenneva
	16:00 - 17:00	Cycle Without Limits Family Sessions	
	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
FRI 12	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 13	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	











JULY 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
	10:00 - 11:00	Move More Ability Multisport Session	Howard Davis Park
WED 17	10:00 - 11:15	Cycle Without Limits School session	
	11:30 - 12:45	Cycle Without Limits School session	Cycle Without Limits Centre, Les Quennevais
	13:30 - 15:00	Cycle Without Limits	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
	10:30 - 12:00	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais
THUR 18	12:30 - 13:30	Cycle Without Limits	
monio	14:00 - 15:30	Cycle Without Limits	
	16:00 - 17:00	Cycle Without Limits Family Sessions	
	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
FRI 19	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
111117	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 20	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
JAT 20	12:00 - 13:00	Cycle Without Limits	

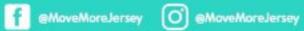






JULY WEEK 4			
DAY	TIME	ΑCTIVITY TYPE	MEETING POINT
MON 22	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	10:00 - 11:00	Move More Ability Multisport Session	Howard Davis Park
	10:00 - 11:30	Cycle Without Limits	
	12:00 - 13:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
WED 24	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
	10:30 - 12:00	Cycle Without Limits	
THUR 25	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits	
	10:00 - 11:00	Move More Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
FRI 26	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
i ni 20	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 27	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	





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JULY WEEK 5				
DAY	TIME	ΑCTIVITY TYPE	MEETING POINT	
MON 29	10:30 - 11:30	Move More Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier	
	10:00 - 11:00	Move More Ability Multisport Session	Howard Davis Park	
	10:00 - 11:30	Cycle Without Limits		
	12:00 - 13:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais	
WED 31	13:30 - 15:00	Cycle Without Limits		
	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.





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