

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: movemore@jerseysport.je

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









APRIL WEEK 1					
DAY	TIME	ACTIVITY TYPE	MEETING POINT		
	10:00 - 11:00	Ability Multisport	Les Ormes		
WED 2	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 Guided Ride*			
	17:45 - 18:45	Ability Circuit	Oakfield		
TIUID 2	10:30 – 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais		
THUR 3	14:00 – 15:30	Cycle Without Limits			
FRI 4	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (right side of the Methodist Church)		
	12:00 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais		
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)		
SAT 5	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais		
	12:00 - 13:00	Cycle Without Limits			



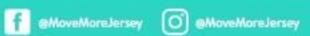






## **APRIL WEEK 2**

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 7	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
	10:00 - 11:00	Ability Multisport	Les Ormes
WED 9	17:45 - 18:45	Ability Circuit	Oakfield
THUR 10	10:30 – 12:00	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais
THON IO	14:00 – 15:30	Cycle Without Limits	
	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (right side of the Methodist Church)
FRI 11	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 12	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	



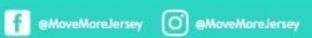






## **APRIL WEEK 3**

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 14	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 16	10:00 - 11:00	Ability Multisport	Les Ormes
	11:30 - 12:45	Cycle Without Limits	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Move More Ability Circuit Session	Oakfield
THUR 17	12:30 – 13:30	Cycle Without Limits	Cuala With aut Limita Cambra Las Ouannausia
	14:00 – 15:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
SAT 19	10:30 - 11:30	Cycle Without Limits	Cuelo Without Limite Contro Los Occasiones
	12:00 - 13:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais









APRIL WEEK 4					
DAY	TIME	ACTIVITY TYPE	MEETING POINT		
	10:00 - 11:00	Ability Multisport	Les Ormes		
WED 23	10:00 - 11:15	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais		
	11:30 - 12:45	Cycle Without Limits			
	13:30 - 15:00	Cycle Without Limits			
	17:45 - 18:45	Ability Circuit Session	Oakfield		
<b>-</b>	10:30 – 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais		
THUR 24	14:30 – 16:00	Cycle Without Limits Guided Ride*			
FRI 25	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (right side of 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	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)		
SAT 26	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais		
	12:00 - 13:00	Cycle Without Limits			









17:45 - 18:45

## **APRIL WEEK 5** TIME DAY **ACTIVITY TYPE MEETING POINT MON 28** 10:30 - 11:30 **Ability Walk** Liberty Tree, by the Radisson Hotel, St Helier 10:00 - 11:00 Les Ormes **Ability Multisport Cycle Without Limits** 10:00 - 11:15 School session **Cycle Without Limits** 11:30 - 12:45 Cycle Without Limits Centre, Les Quennevais **WED 30** School session **Cycle Without Limits** 13:30 - 15:00 **Guided Ride\* 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.