



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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AUGUST WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
FRI 1	10:00 - 11:00	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	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	

AUGUST WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 4	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 6	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	10:00 - 11:15	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	11:30 - 12:45	Cycle Without Limits	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 7	11:00 – 12:30	Cycle Without Limits Guided Ride* Les Jardin de La Mer	Meeting point is Les Jardin de La Mer on the grass area Please arrive 15 minutes before the Guided Ride starts.
	13:30 – 15:00	Cycle Without Limits Guided Ride* Les Jardin de La Mer	
FRI 8	10:00 - 11:00	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	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	

AUGUST WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 11	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 13	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	13:30 - 15:00	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais Please arrive 15 minutes before the Guided Ride starts.
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 14	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 15	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to 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 16	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

AUGUST WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 18	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 20	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	11:30 - 12:45	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 21	11:00 – 12:30	Cycle Without Limits Guided Ride* Les Jardin de La Mer	Meeting point is Les Jardin de La Mer on the grass area Please arrive 15 minutes before the Guided Ride starts
	13:30 – 15:00	Cycle Without Limits Guided Ride* Les Jardin de La Mer	
FRI 22	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	12:00 – 13:30	Cycle Without Limits	
	14:00 - 15:00	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	

AUGUST WEEK 5

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 25	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 27	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	10:00 - 11:15	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais Please arrive 15 minutes before the Guided Ride starts
	11:30 - 12:45	Cycle Without Limits	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 28	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 29	10:00 - 11:00	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	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
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. This is only for regular adult



**MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.**

CWL attendees who have been deemed competent by a CWL staff member to take part – please speak to a CWL staff member before booking.

Please arrive at least 15 minutes before the Guided Ride starts to ensure you don't miss the group.



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