



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 \(refer-all.net\)](https://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



## JULY WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 2	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	10:00 - 11:15	Cycle Without Limits School session	Cycle Without Limits Centre, Les Quennevais <b>Please arrive 15 minutes before the Guided Ride starts</b>
	11:30 - 12:45	Cycle Without Limits School session	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 3	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits	
FRI 4	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	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	

## JULY WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 7	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 9	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	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	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 10	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits Guided Ride*	<b>Please arrive 15 minutes before the Guided Ride starts</b>
FRI 11	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	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	

## JULY 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 Session	Howard Davis Park
	10:00 - 11:15	Cycle Without Limits School session	Cycle Without Limits Centre, Les Quennevais <b>Please arrive 15 minutes before the Guided Ride starts</b>
	11:30 - 12:45	Cycle Without Limits School session	
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 17	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits	
FRI 18	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
SAT 19	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	



## JULY WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 21	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 23	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	13:30 - 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 24	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  <b>Please arrive 15 minutes before the Guided Ride starts</b>
	13:00 – 14:30	Cycle Without Limits Guided Ride* Les Jardin de La Mer	
FRI 25	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 26	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

## JULY WEEK 5

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 28	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 30	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 31	10:30 – 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:30 – 13:30	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.

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