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://secure.refer-all.net/referrals/Jersey/Refer)

For further information and to book a session, pleasetelephone: **01534757704** or email: [**movemore@jerseysport.je**](mailto:movemore@jerseysport.je)

To find out more about our Cycle Without Limits Centre, please visit [our website](https://www.movemore.je/cycle-without-limits/).

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| OCTOBER WEEK 1 |

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| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
| WED 1 | 10:00 - 11:00 | Ability Multisport Session | Les Ormes |
| 11:30 - 12:45 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| 13:30 - 15:00 | Cycle Without Limits |
| 17:45 - 18:45 | Ability  Circuit Session | Oakfield |
| THUR 2 | 14:00 – 15:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| FRI 3 | 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) |

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| OCTOBER WEEK 2 |

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| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
| MON 6 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 8 | 10:00 - 11:00 | Ability Multisport Session | Les Ormes |
| 11:30 - 12:45 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais  **Please arrive 15 minutes before the Guided Ride starts.** |
| 13:30 - 15:00 | Cycle Without Limits Guided Ride**\*** |
| 17:45 - 18:45 | Ability  Circuit Session | Oakfield |
| THUR 9 | 14:00 – 15:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| FRI 10 | 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 11 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| 12:00 - 13:00 | Cycle Without Limits |

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| OCTOBER WEEK 3 |

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| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
| MON 13 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 15 | 10:00 - 11:00 | Ability Multisport Session | Les Ormes |
| 11:30 - 12:45 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| 13:30 - 15:00 | Cycle Without Limits |
| 17:45 - 18:45 | Ability  Circuit Session | Oakfield |
| THUR 16 | 14:00 – 15:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| FRI 17 | 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 18 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| 12:00 - 13:00 | Cycle Without Limits |

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| OCTOBER WEEK 4 |

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| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
| MON 20 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 22 | 10:00 - 11:00 | Ability Multisport Session | Les Ormes |
| 11:30 - 12:45 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| 13:30 - 15:00 | Cycle Without Limits Guided Ride**\*** |
| 17:45 - 18:45 | Ability  Circuit Session | Oakfield |
| THUR 23 | 11:00 – 12:30 | Cycle Without Limits Out and About  Guided Ride**\***  Duck Pound by the Vic in the Valley Pub | Meeting point is in the La Saulsee Car Park  By the Duck Pond.  **Please arrive 15 minutes before the Guided Ride starts** |
| 13:00 – 14:30 | Cycle Without Limits Out and About  Guided Ride**\***  Duck Pond by the Vic in the Valley Pub |
| FRI 24 | 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 25 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| 12:00 - 13:00 | Cycle Without Limits |

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| OCTOBER WEEK 5 |

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| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
| MON 27 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 29 | 10:00 - 11:00 | Ability Multisport Session | Les Ormes |
| 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 |
| THUR 30 | 11:00 – 12:30 | Cycle Without Limits Out and About  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.** |
| 13:00 – 14:30 | Cycle Without Limits Out and About  Guided Ride**\***  Les Jardin de La Mer |
| FRI 31 | 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) |

**\* 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 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.**