



Our Move More Ability Programme covers Ability Walks, Multisports, Circuits, Boccia and our Cycle Without Limits cycle sessions.

You must register and book before attending any of our sessions.

To register for our Move More Ability sessions please visit:

[Jersey Sport and Move More Adult Programmes Registration Form](#)

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](#).

Cycle Without Limits is a charitable initiative that operates independently of Government funding and relies entirely on fundraising. If you wish to donate, please scan the QR code below or follow the link:

 [JerseyGiving - Cycle Without Limits](#)



@MoveMoreJersey



@MoveMoreJersey

An initiative by



DECEMBER WEEK 1			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 1	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 3	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 4	10:30 – 12:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais Please arrive 15 minutes before the Guided Ride starts.
	12:30 – 13:30	Cycle Without Limits	
	14:00 – 15:30	Cycle Without Limits Guided Ride*	
FRI 5	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 6	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

DECEMBER WEEK 2

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

DECEMBER WEEK 3			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 15	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 17	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 18	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	

DECEMBER WEEK 4			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 22	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 24	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

* **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.