



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:

[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\) JerseyGiving - Cycle Without Limits](#)



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An initiative by



NOVEMBER WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
SAT 1	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

NOVEMBER WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 3	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 5	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 6	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 7	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 8	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

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

NOVEMBER WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 17	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 19	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 20	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 21	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 22	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

NOVEMBER WEEK 5

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 24	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 26	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 27	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 28	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 29	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 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.