



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](mailto:movemore@jerseysport.je)

To find out more about our Cycle Without Limits Centre, please visit [our website](#).



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## OCTOBER WEEK 1

| 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<br>(to the side to the Methodist Church)      |
|        | 14:00 - 15:00 | Ability Walk               | Les Quennevais Cycle Track<br>(Meet Outside Cycle Without Limits Centre) |

| OCTOBER WEEK 2 |               |                                   |                                                                          |
|----------------|---------------|-----------------------------------|--------------------------------------------------------------------------|
| 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                              |
|                | 13:30 - 15:00 | Cycle Without Limits Guided Ride* | <b>Please arrive 15 minutes before the Guided Ride starts.</b>           |
|                | 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<br>(to the side to the Methodist Church)      |
|                | 14:00 - 15:00 | Ability Walk                      | Les Quennevais Cycle Track<br>(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              |                                                                          |

## OCTOBER WEEK 3

| 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<br>(to the side to the Methodist Church)      |
|         | 14:00 - 15:00 | Ability Walk               | Les Quennevais Cycle Track<br>(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       |                                                                          |

## OCTOBER WEEK 4

| 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*<br>Duck Pound by the Vic in the Valley Pub | Meeting point is in the La Saulsee Car Park By the Duck Pond.<br><br><b>Please arrive 15 minutes before the Guided Ride starts</b> |
|         | 13:00 – 14:30 | Cycle Without Limits Out and About Guided Ride*<br>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                                                                       |                                                                                                                                    |

## OCTOBER WEEK 5

| 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*<br>Les Jardin de La Mer | Meeting point is Les Jardin de La Mer on the grass area<br><br><b>Please arrive 15 minutes before the Guided Ride starts.</b> |
|         | 13:00 – 14:30 | Cycle Without Limits Out and About Guided Ride*<br>Les Jardin de La Mer |                                                                                                                               |
| FRI 31  | 10:00 - 11:00 | Ability Boccia                                                          | St Helier Methodist Centre<br>(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<br>(Meet Outside Cycle Without Limits Centre)                                                      |



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

\* **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.**



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