



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](#)



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An initiative by



| FEBURARY WEEK 1 | | | |
|-----------------|---------------|--------------------------------------|--|
| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
| MON 2 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 4 | 10:00 - 11:00 | Ability Multisport | 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 | Oakfield |
| THUR 5 | 12:30 - 13:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 14:00 – 15:30 | Cycle Without Limits | |
| FRI 6 | 10:00 - 11:00 | Ability Boccia | St Helier Methodist Centre (right side of 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 7 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 12:00 - 13:00 | Cycle Without Limits | |

FEBURARY WEEK 2

| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
|---------|---------------|---|--|
| MON 9 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 11 | 10:00 - 11:00 | Ability Multisport | 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 | Oakfield |
| THUR 12 | 11:00 – 12:30 | Cycle Without Limits Out and About Guided Ride* | Meeting Point at the Goose on The Green Car Park. |
| | | Goose on The Green | |
| | 13:00 – 14:30 | Cycle Without Limits Out and About Guided Ride* Goose on The Green | |
| FRI 13 | 10:00 - 11:00 | Ability Boccia | St Helier Methodist Centre (right side of 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 14 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 12:00 - 13:00 | Cycle Without Limits | |

FEBURARY WEEK 3

| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
|---------|---------------|-----------------------------------|--|
| MON 16 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 18 | 10:00 - 11:00 | Ability Multisport | 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 Guided Ride* | |
| | 17:45 - 18:45 | Ability Circuit | Oakfield |
| THUR 19 | 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 20 | 10:00 - 11:00 | Ability Boccia | St Helier Methodist Centre (right side of the Methodist Church) |
| | 10:00 - 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) |
| SAT 21 | 10:30 - 11:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 12:00 - 13:00 | Cycle Without Limits | |

| FEBURARY WEEK 4 | | | |
|-----------------|---------------|-----------------------------------|--|
| DAY | TIME | ACTIVITY TYPE | MEETING POINT |
| MON 23 | 10:30 - 11:30 | Ability Walk | Liberty Tree, by the Radisson Hotel, St Helier |
| WED 25 | 10:00 - 11:00 | Ability Multisport | 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 | Oakfield |
| THUR 26 | 12:30 – 13:30 | Cycle Without Limits | Cycle Without Limits Centre, Les Quennevais |
| | 14:00 – 15:30 | Cycle Without Limits Guided Ride* | |
| FRI 27 | 10:00 - 11:00 | Ability Boccia | St Helier Methodist Centre (right side of 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 28 | 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 and half) 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.