



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



JANUARY WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 5	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 7	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 8	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 9	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 10	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

JANUARY WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 12	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 14	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 15	11:00 – 12:30	Cycle Without Limits Out and About Guided Ride*	Meeting Point is the toilets by the Elizabeth castle ticket kiosk. Parking available at lay-by 1 Victoria Avenu.
	13:00 – 14:30	Les Jardin de La Mer Cycle Without Limits Out and About Guided Ride*	
FRI 16		Les Jardin de La Mer	
	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
SAT 17	14:00 - 15:00	Ability Walk	Les Quennevais Cycle Track (Meet Outside Cycle Without Limits Centre)
	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

JANUARY WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 19	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 21	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 22	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits	
FRI 23	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 24	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

JANUARY WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 26	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 28	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 29	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits Guided Ride*	
FRI 30	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 31	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.