



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](#)

APRIL WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 1	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 2	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	

APRIL WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 8	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	
	17:45 - 18:45	Ability Circuit	Oakfield
THUR 9	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 Guided Ride*	
FRI 10	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (right side of 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 (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	

APRIL 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	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 16	11:00 - 12:30	Cycle Without Limits Out and About Guided Ride*	Meeting Point is the Goose on the Green Car Park.
	13:00 - 14:30	Goose on the Green Cycle Without Limits Out and About Guided Ride* Goose on the Green	
FRI 17	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 18	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

APRIL 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	Les Ormes
	13:30 - 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Ability Circuit	Oakfield
THUR 23	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 - 15:30	Cycle Without Limits Guided Ride*	
FRI 24	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (right side of 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	

APRIL 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	Les Ormes
	13:30 - 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Ability Circuit	Oakfield
THUR 30	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits Guided Ride*	

* **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.