



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 and Cycle Without Limits 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](mailto:movemore@jerseysport.je)

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

These sessions aren't drop-in, so we kindly ask that participants arrive at their scheduled time as shown on the timetable.

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](#)

## JUNE WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 1	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 3	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	13:30 - 15:00	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Ability Circuit Session	Oakfield
FRI 5	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to 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)

## JUNE WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 8	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 10	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	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 11	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits Guided Ride*	
FRI 12	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 13	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais

## JUNE WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 15	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 17	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	11:30 - 12:45	Cycle Without Limits School session	Cycle Without Limits Centre, Les Quennevais
	13:30 - 15:00	Cycle Without Limits Guided Ride*	
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 18	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits	
FRI 19	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)

## JUNE WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 22	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 24	10:00 - 11:00	Ability Multisport Session	Howard Davis Park
	13:30 - 15:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	17:45 - 18:45	Ability Circuit Session	Oakfield
THUR 25	14:00 – 15:30	Cycle Without Limits Guided Ride*	Cycle Without Limits Centre, Les Quennevais
FRI 26	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 27	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	



MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.

## JUNE WEEK 4

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

\* **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 starting and finishing at the CWL centre. 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.



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An initiative by

