



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:

[!\[\]\(cf531ed27e91483460120fcc057b3901\_img.jpg\) JerseyGiving - Cycle Without Limits](#)



MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.

## MAY WEEK 1

DAY	TIME	ACTIVITY TYPE	MEETING POINT
FRI 1	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 – 11:30	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 2	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	



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## MAY WEEK 2

DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 6	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 7	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:30 – 16:00	Cycle Without Limits Guided Ride*	
FRI 8	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 – 11:30	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)

## MAY WEEK 3

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 11	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 13	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
THUR 14	12:30 - 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:30 - 16:00	Cycle Without Limits	
FRI 15	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 - 11:30	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 16	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

MAY WEEK 4

DAY	TIME	ACTIVITY TYPE	MEETING POINT
MON 18	10:30 - 11:30	Ability Walk	Liberty Tree, by the Radisson Hotel, St Helier
WED 20	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 21	12:30 – 13:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	14:00 – 15:30	Cycle Without Limits Guided Ride*	
FRI 22	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (to the side to the Methodist Church)
	10:30 – 11:30	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 23	10:30 - 11:30	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais
	12:00 - 13:00	Cycle Without Limits	

MAY WEEK 5			
DAY	TIME	ACTIVITY TYPE	MEETING POINT
WED 27	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 28	11:00 – 12:30	Cycle Without Limits Out and About Guided Ride Les Jardin de La Mer	Meeting point is by the toilet next to the Elizabeth Castle ticket Kiosk. Parking is available in lay by 1 Victoria Avenue.
	13:00 – 14:30	Cycle Without Limits Out and About Guided Ride Les Jardin de La Mer	
FRI 29	10:00 - 11:00	Ability Boccia	St Helier Methodist Centre (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 (Meet Outside Cycle Without Limits Centre)
SAT 30	12:00 - 13:00	Cycle Without Limits	Cycle Without Limits Centre, Les Quennevais

**\* 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.